BBC

goodfood

Middle East

October 2016
DHS15 | QR15

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Cooking with pumpkin!

Welcome Autumn with these pumpkin pancakes, drizzled in salted pecan butterscotch

WIN! DINING VOUCHERS AND GOURMET HOTEL STAYS

Brilliant breakfasts

Start your day the right way

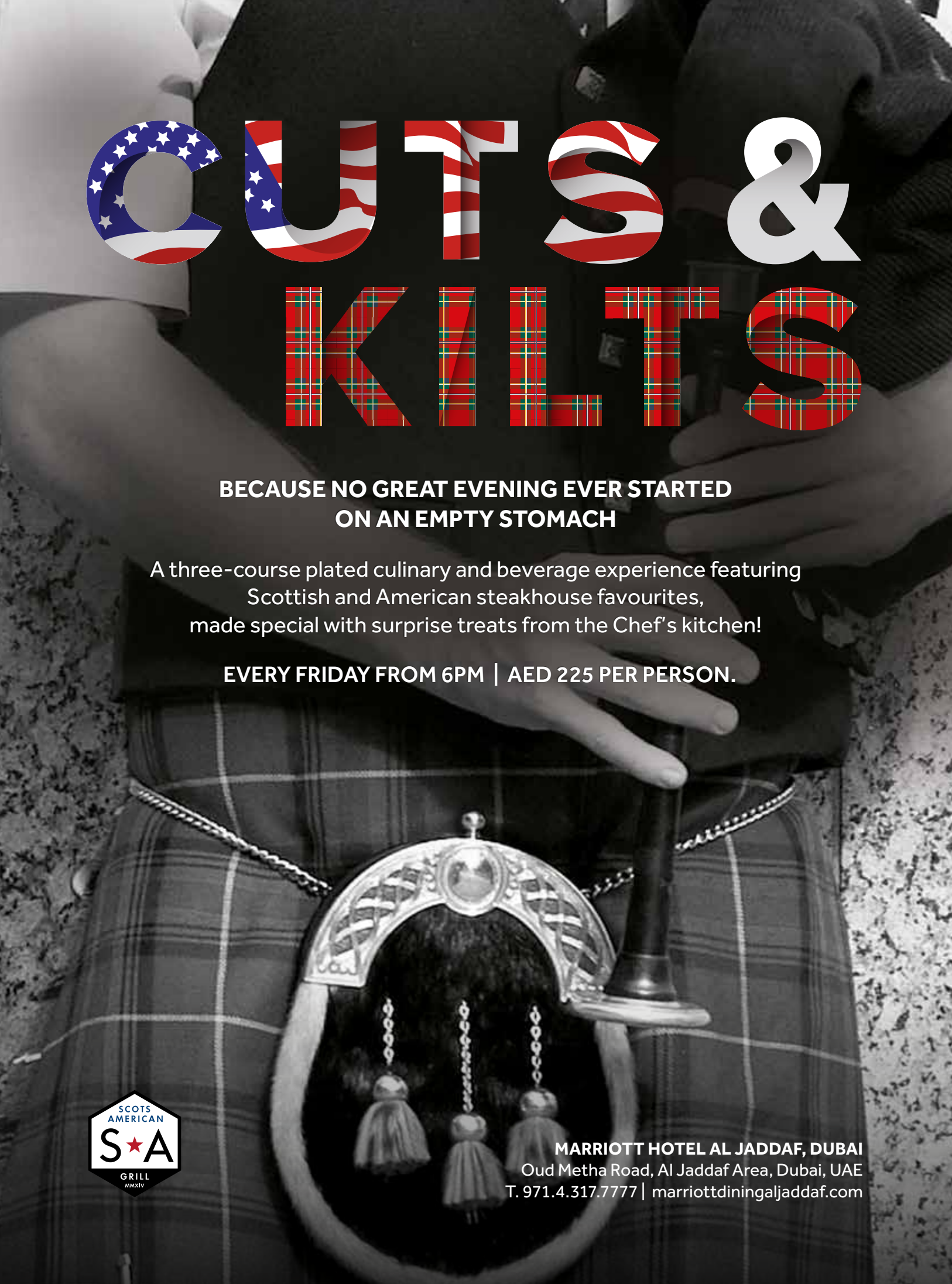
Veggie barbecue

An easy way to your 5-a-day

NEW INTERVIEWS, RECIPES AND ADVICE

Meet Nathan Outlaw at Al Mahara • 10 steps to healthy • Halloween treats • A picnic in the park • Restaurant recommendations • Go pink for Breast Cancer Awareness

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Welcome to October!



Autumn has arrived and despite the lack of gorgeously golden, crisp leaves falling around us here in the Middle East, this month's issue welcomes wholesome flavours from the season with open arms. From pumpkin pancakes to squash gratin *(Stars of Autumn, p35)*, I hope this edition shows you just how versatile fall ingredients can be.

October also marks a very special occasion here at *BBC Good Food Middle East*, as we see the publication reach its ninth birthday. I'd like to personally thank you for your support all of these years – here's to many more to come! To celebrate, we've put together a colourful party picnic spread on page 56, so that you're able to join in the fun at home.

Continuing the excitement, you'll also find wonderful recipes inside perfect for enjoying with the children this Halloween on October 31 *(Wickedly good, p77)* – chocolate zombie fingers and all!

On another note, it's Breast Cancer Awareness Month and to encourage the ladies we love to take the necessary steps to detect this disease in its early stages, there's an array of beautiful, pink recipes on page 48 *(In the pink)*, showcasing rhubarb as its main ingredient. Why not take a batch into work one day to support the campaign?

For those with a sweet tooth, there's also lots of great baked treats, so don't waste any time getting that apron on, whipping out the mixing bowl and making the house smell dreamy. Make this month a fun one in the kitchen!

Happy cooking,

Sophie
Editor

WHAT WE'RE LOVING!



"Keep it healthy with these salad-stuffed blacked peppers – delicious and filling!" says sales executive, Liz.



Sales director, Michael says: "Mornings are made a lot easier with these colourful rainbow bowls of goodness!"



"These coconut iced doughnuts are delicious and so much fun to make," says graphic designer, Froilan.

BBC goodfood Middle East

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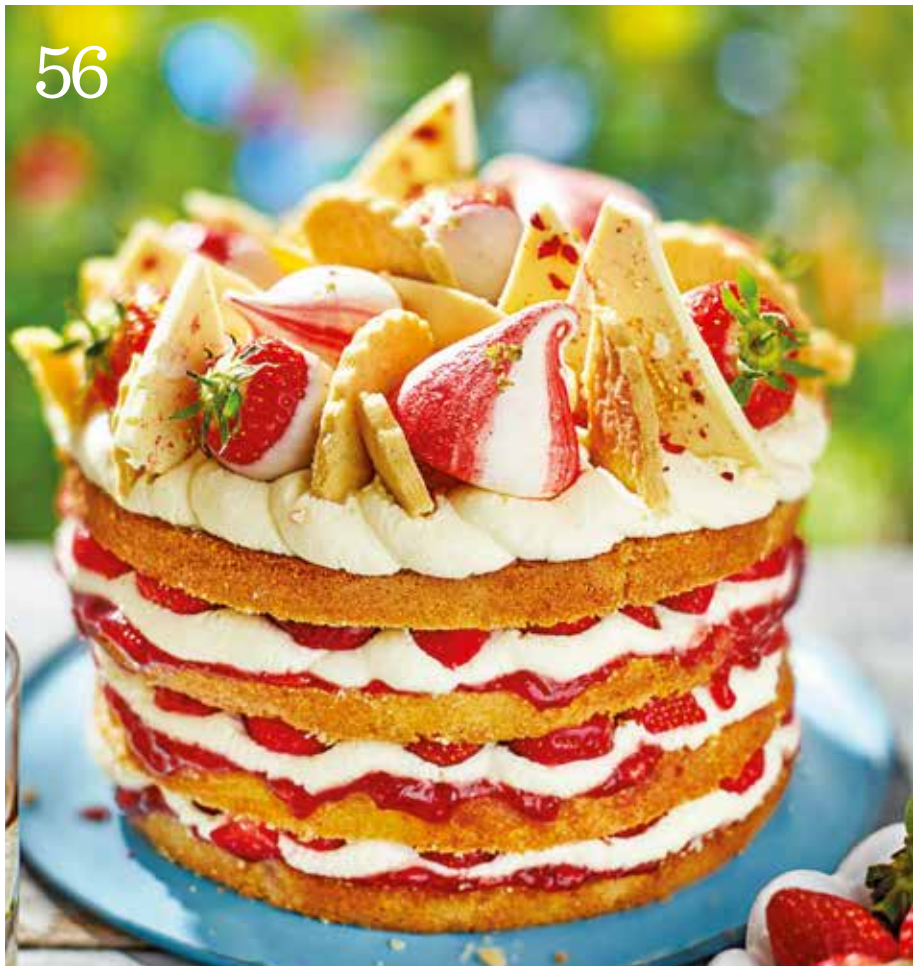
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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

Your Say

We love hearing from you!



I absolutely loved your September issue! It really made me excited about the cooler weather that's starting to creep in. The thought of getting the BBQ out again and enjoying al fresco dining is just the best.

As much as I love dining at home in my backyard, I'd love to see more about what restaurants offer al fresco dining in one of your upcoming issues. If anyone has any suggestions, I'd love to know where to go. Bring on the cooler weather!

Penelope Craze



Your budget issue really helped me to save some dirhams when doing my weekly shops this month. Thanks for the tips BBC Good Food ME. I'd love to know where other readers go to find the best food bargains – saving money here is SO difficult.

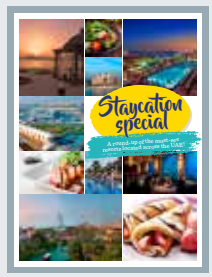
Tony Reader

Win!



The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola,** The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER



Your August issue, with the Staycation feature was beautifully timed. I began August on a rather frantic note because I simply couldn't figure what to do for my husband's birthday, (given how hot it is at the moment, to do most things he likes to do).

I found your feature informative and helpful. But being a bit of a traveller and blogger myself, your feature helped me dig further into discovering other resorts/hotels in the region.

After much consideration, I finally picked the Bab Al Shams Desert Resort and Spa, and boy, I do not regret it! We lounged by their gorgeous pool, lazed in their tastefully decorated Middle Eastern room, dined at their flagship restaurant- Al Hadheerah, got pampered at their divine spa and had an absolutely memorable birthday celebration!

A huge thank you to you guys for (unknowingly) helping me out in my dilemma and to the Bab Al Shams/Meydan team for showing us such a lovely time! Keep up the good work and keep inspiring!

Ritu Matthew

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

NINE 7 ONE

STREET art BRUNCH

VOL. II

IT'S TIME FOR SOME BRUNCHING!

Let the sounds, smells and tastes of the street market brunch come to your table this Friday at Nine 7One. A selection of sizzling grills, fresh boulangerie, fromagerie and desserts await you.
Enjoy expertly crafted beverages blended to your exact requirements as you surround yourself with street art graffiti and retro bicycles.
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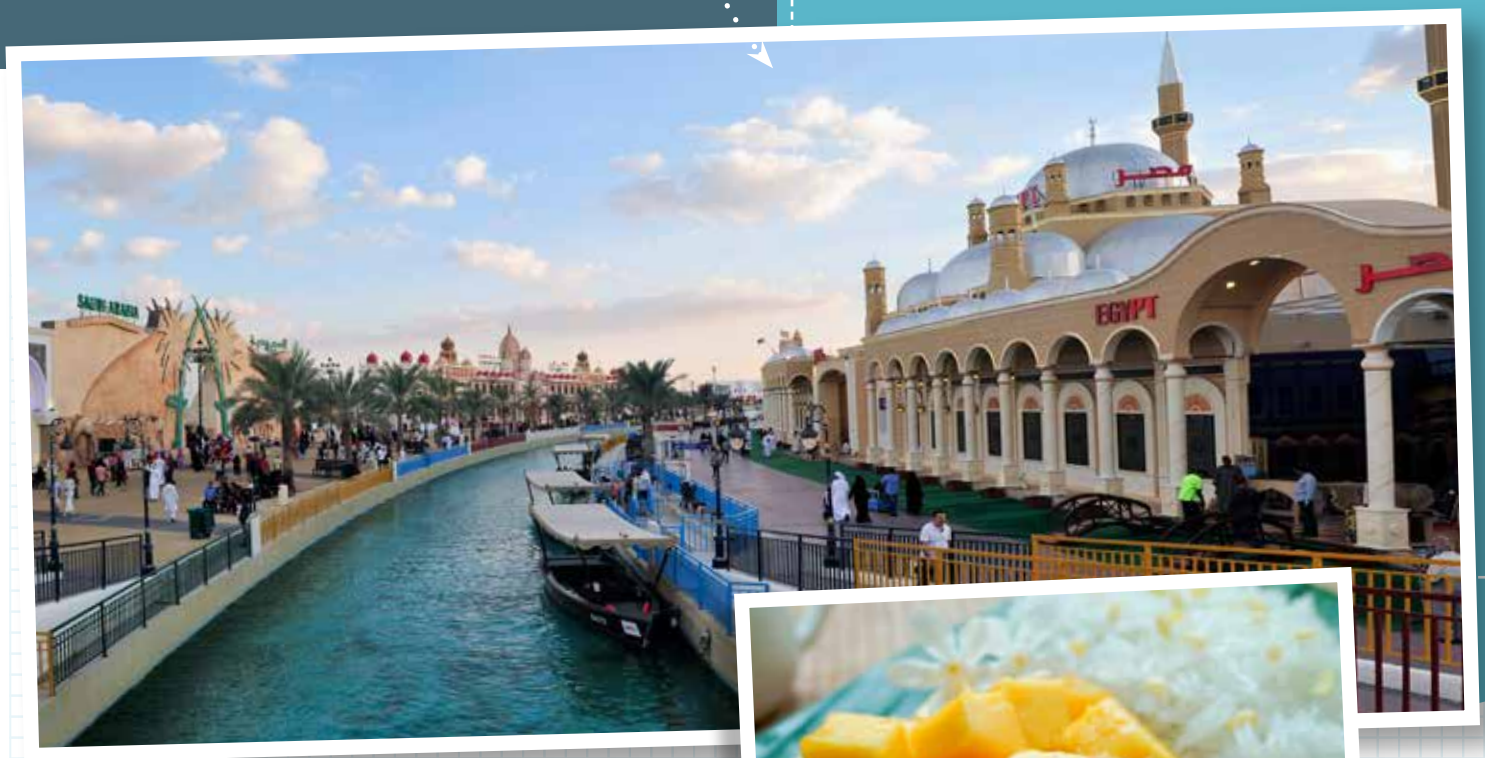
@Oberoidubai

NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.

New flavours at Global Village

Can you believe that November 1 will see the re-opening of Global Village in its 21st season? This year, the multicultural festival park promises to launch with a range of exciting new culinary options and authentic worldly tastes from new additions of South Africa, Turkey and China among others. In addition to the three new food concepts, there'll also be more casual dining and food kiosks scattered around the park to enjoy.





THE BEST BITES

GUINNESS WORLD RECORDS ATTEMPT

Anatara the Palm Dubai Resort is attempting to break a Guiness World Record for the 'world's largest mango sticky rice' at the resort on October 21. We wish them the best of luck!

Text SOPHIE MCCARRICK and LILY BARCLAY | Photographs SUPPLIED



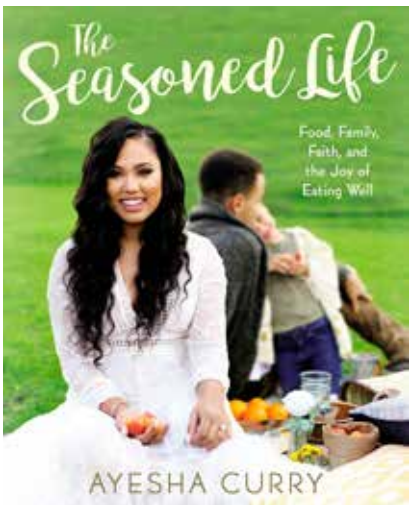
FOOD TRUCK JAM RETURNS

Following its highly-popular first edition, the Food Truck Jam returns for a second season with the same laid-back atmosphere and idyllic green backdrop; but this time with more food trucks and creative dishes, at Emirates Gulf Club, every Saturday starting October 8, 2016, onwards.

Every Saturday from 4pm-11pm, indulge in new savoury dishes from more than 15 of Dubai's food truck community, while enjoying live performances by local bands, and tailored entertainment for all of the family. If you're driving, there's free parking at the Emirates Golf Club. See TruckersDXB on both Facebook and Instagram. Event entry is free.

CULINAREADS

The Seasoned Life: Food, Family, Faith, and the Joy of Eating Well *by Ayesha Curry (September 20, 2016)*



This new release promises to be a beautiful family-centric cookbook for the home chef, who wants great flavour with practicality. Inside, Ayesha Curry shares 100 of her favourite recipes and invites you into the home she has made with her two daughters and her husband Stephen Curry. Ayesha knows firsthand what it is like to be a busy mom and wife, and she knows that for her family, time in the kitchen and around the table is where that balance begins. This book has something for everybody. The simple, delicious recipes include cast iron biscuits, smoked salmon scramble, homemade granola, mom's chicken soup, Stephen's 5 ingredient pasta, and plenty of recipes that get the whole family involved -- even the little ones!

"THERE IS NO LOVE SINCERER THAN THE LOVE OF FOOD."

- George Bernard Shaw

Off to market



The Ripe Night Market will re-launch at Al Barsha Pond Park every Saturday evening from October 15. The market will be open from 3-9pm, and will feature some of the region's best local food businesses, in addition to entertainment from local artists, live movie screenings, activities from fitness groups and children's activities for all ages, all set under the stars with a dazzling display of lights.

It's a relaxed set up, where you'll be able to purchase fresh, local produce and enjoy dinner outdoors. With everything from Indian to Mexican, Italian, European and healthy, raw, vegan options, the Ripe Night Market will offer something to satisfy everyone's taste buds. Visit ripeme.com.

Morning family time



Mornings can be chaotic, especially for families. But studies repeatedly show that kids who eat a good breakfast have a far higher intake of vitamins, minerals and fibre, which help them to focus in class. Some schools now organise a breakfast club, because they've seen such a difference in performance when children get a decent start to the day. The most nourishing breakfasts for children are packed with slow-release energy from granary bread, cereals, porridge oats, nuts and fruit. Look for a simple wholewheat, oat or bran-based cereal, then add some fruit for sweetness. For more ideas visit bbcgoodfoodme.com.

IS COFFEE TRIGGERING YOUR MIGRAINE?

Certain food and drinks are cited as migraine triggers. Professor Peter Goadsby explains that:

- Alcohol and foods containing nitrates, such as cured meats, are well-recognised triggers.
- Regular caffeine does not clearly cause migraines, but withdrawal may. Often, people drink coffee later at the weekend than they do in the week – triggering an attack.
- Food cravings – such as cheese or chocolate – occur in the earliest phase of the attack, before the headache. Some foods called triggers might really be symptoms.
- Routine is key. Migraine sufferers need to have regular sleep, meals and exercise. Attacks are more likely to happen when they deviate from this.



Top product picks



With Autumn finally here, Garrett Popcorn Shops has launched its seasonal flavour 'spicy cheesecorn – available until October 31. It features the natural orange of cheddar cheese mixed with the fiery red of cayenne pepper and chili powder. Starting at Dhs25 per bag, at Garrett Popcorn Shops, Candylicious, The Dubai Mall and Yas Mall.



This Mini Griddle is not only cute and handy, but ideal for creating perfect, fool-proof eggs! Mornings just got easier with this little appliance from Lakeland for Dhs100.



For effortless, healthy juices, shakes and smoothies that blends direct into the cup, this Davina Personal Blender makes a great addition to your healthy, on-to-go lifestyle. Available from Lakeland stores for Dhs190.

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INGREDIENT OF THE MONTH

PUMPKIN

Pronounce it: pump-kin

A cultivar of a squash plant, pumpkins are round in shape with hard yet smooth, deep yellow to orange skin, and inside the flesh is bright orange and sweet. In terms of availability they are at their best and most commonly found in supermarkets from October to December. Pumpkins are particularly a good source of fibre, vitamins and minerals. They are grown for commercial use and are used for both food and recreation during holidays like Halloween, where pumpkins are used as jack-o'-lanterns, or at Thanksgiving, where the ingredient is a traditional part of the meal – pumpkin pie is a favourite. When choosing a pumpkin, go for one that feels heavy for its size – smaller pumpkins tend to have more flesh, so these are the ones to get if you're using it to cook. When preparing pumpkin, as it has very tough skin you need to be prepared to put in a bit of effort. Place the squash on a thick towel to ensure it doesn't slip, then use a large knife to cut into two halves. If the skin is particularly thick, you may need to hammer the knife in with a rolling pin. Once one side is cut, turn the pumpkin round and cut down on the other side, until it's split in two. Scoop out the seeds and any stringy parts. If the pumpkin is particularly big, cut it into quarters then, using a small, sharp knife, pare off the skin (unless you plan to roast it, in which case the skin can stay on). Then cut into chunks or wedges as required. To cook it, cut into chunks and bake or roast (30-40 minutes) or boil (15-20 minutes). You can use it to make soups, add to stews or mash as a side dish. To keep pumpkin fresh, store in a cool, dark, well-ventilated place and it'll keep for several weeks. Once you cut it, store in an airtight container in the fridge. Here it'll keep for around one week.

LET US KNOW: *Where do you find the best pumpkins in the UAE?*

@bbcgoodfoodme @bbcgoodfoodmiddleeast

Text by SOPHIE MCCARRICK | Photographs from SHUTTERSTOCK



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The Majestic King Crab

1 – 31 October

Supreme and majestic, the King Crab is surprisingly more delicate and tender compared to other varieties of crabs. Standing tall and wide on your plate, this delicious crab with its scarlet-red shell and snow white skin, has a sweetness that is again, unique amongst all crabs.

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ASK THE EXPERTS



Sally Prosser

Author of award-winning food and travel blog www.mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

Q For a midweek wind-down, which venues in Dubai would you recommend visiting for a great cheese and grape night?

Cheese is a word that makes you smile when you say it – literally – and when paired with a decent glass it makes that perfect, casual, mid-week relaxing supper. Here are a few of my favourites:

Vintage at Wafi: As a long-term resident in Dubai, I have a soft spot for this place as I remember it opening. It's like a comfortable, antique armchair which you sink into to relax. The cheese and grape selection is on offer every night so, as you'd expect, there is a wide choice of both, and the staff are usually quite knowledgeable. There's also the option of a fondue.

Jones the Grocer at Dusit Al Thani: Wednesday nights are a bit of a well-kept secret here, with unlimited cheese, grape plus live entertainment. The English cheeses are supplied by Paxton and Whitfield, London cheesemongers with a royal warrant. The grape list focuses on some more unusual choices and is a delight to peruse. Good value and highly recommended.

Solo Bistronomia and Vino Bar at Raffles: Five cheeses along with five grape matches are selected for you in this sophisticated brasserie style restaurant every Tuesday. It's my favourite place to catch up with girlfriends as the service is discreet yet attentive, leaving you plenty of space to chat.

Cave at The Conrad: Named after the French term for cellar, with low lighting and cosy recesses this is a place you can curl up with a platter of excellent artisanal cheese, some of the best charcuterie available in this city and a serious choice of grape. It's at the upper end of the price scale but you get what you pay for.

Finally, if the prospect of leaving the house is too much, consider The Tasting Class. Highly qualified sommelier and cheese fanatic Lindsay and team will bring the tasting to you. Check them out on: www.thetastingclass.com





Q It sounds simple, but a perfect boiled egg isn't always easy to make. What is your guide to creating the perfect soft-, medium- and hard-boiled eggs?

Eggs are usually the first thing anyone learns to cook. Easy – until you need to make them for someone else. No matter the experience, you will need to play it by heart – unless you can fully control the size of the eggs and the environment it's being cooked in.

Below are few tips to help bringing your egg cooking skills closer to perfection.

1. Place the eggs in a heavy bottom pot and cover in water – keeping about 1inch above the eggs.
2. Bring to boil, cover the pot with lid and take it off the heat. The eggs will continue to cook. You can set your timer now.
 - 2 minutes – runny whites and yolk is raw
 - 4 minutes – cooked whites and thick, runny yolk
 - 6 minutes - medium
 - 8 minutes – whites are fully set, but yolk is little tender (ideal for salads)
 - 10minutes – hard boiled

Please, take these timings as a guidance, not a rule, as it will depend on many factors (amount of water, type of pot, eggs from fridge or room temperature, etc.).

Like I always say – practice makes perfect! Happy cooking.



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.

ASK THE EXPERTS



Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



Q With Halloween around the corner, what dishes would you recommend trying at home that have pumpkin in?

When it comes to Halloween, it upsets me a little when many people only buy a pumpkin to carve a scary face into, and then throw it away, because the little orange beauty has outstanding nutritional value and its benefits can help curb disease.

Whether enjoyed in a pie, baked good, soup or simply straight-up, pumpkin is a delicious and nutrient rich addition to any diet. This under used vegetable is loaded with so many good vitamins, minerals and nutrients, like: vitamin A, vitamin C, magnesium, and vitamin E. Pumpkin is an excellent source of fibre, supports healthy digestion and balances blood sugar levels. Pumpkin is also anti-parasitic and a natural diuretic, and not forgetting about the high protein value of the seeds! With all these great virtues, what's not to like?

Here's one of my favourite pumpkin recipes:

Pumpkin Pie / Serves 6

Ingredients: 2 eggs, 50g caster sugar, 100g light brown sugar, 30g flour, 1tsp ground cinnamon, ½ tsp ground ginger, ¼ tsp ground nutmeg, ½ tsp salt, 400g pumpkin puree, 1pod vanilla split, 15g melted butter, and 50g double cream.

Method: **1** Whisk eggs and sugar until light. **2** Fold in the dry ingredients, followed by the wet ingredients. **3** Pour into a cooked tart shell and bake at 160C until just set, as a custard tart. **4** Allow to cool before cutting and serving.

Q With a busy schedule, what ingredients would you advise stocking up on to make quick and easy meals that are nutritious?

There are many cupboard ingredients to stock up on that make a great base to any meal. Tined lentils, black/red beans and chickpeas are great for adding a quick and easy protein source to your salads and warm dishes. Keep jars of seeds such as sunflower seeds, pumpkin seeds and chia seeds to add healthy fats and make that salad more nutritious.

Whole grains such as quinoa or brown/wild rice are great to always have in the cupboards. They can both be cooked up and added to salads or mixed into a vegetable stir fry for an easy dinner.

My number one ingredient for quick healthy meal is eggs! Use whatever vegetables that are left over in your fridge to make an omelette or simple scrambled eggs on rye bread.

It is also a great idea to stock up on frozen fruit and vegetables. I'll always have a bag of frozen mixed vegetables in my freezer that I can add to any meal at the end of the week when the fridge is empty. Frozen fruit it great to defrost for a quick and healthy snack or blend with nut milk for a nutritious morning smoothie.





Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.

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Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

Fish Dubai, Westin Mina Seyahi Beach Resort

Taking it back to basics and removing all the fuss, the Fish Dubai family prides itself on using the finest ingredients and serving only the freshest, cold-water fish from the Aegean Sea, the Black Sea and Marmara Sea. Opening this month, expect to find a variety of unique mezze platters, freshly baked breads and traditional Turkish dishes, not forgetting freshly caught fish, simply seasoned with just a little lemon juice and olive oil and grilled to perfection on a huge outdoor BBQ. It's the perfect spot for getting together and watching the sunset, while enjoying great, simple food. *Call 04-5117139.*

La Môme Dubai, Nassima Royal Hotel

Offering guests great city views, a homely but fun atmosphere and authentic French cuisine, La Môme Dubai opened its doors last month. The licensed venue has both a bar and restaurant, and is open for dinner between 7.30pm-12am every day. Expect the best in seasonal, fresh ingredients including entrées like homemade foie gras served on a brioche, traditional French 'escargots' dressed with parsley butter and mains of full roasted pigeon, the traditional 'beef bourguignon' and 'the original steak tartar', to name a few. *Call 04-3080470.*

Kyo Restaurant & Lounge, Palm Jumeirah

After the successful launch of their dinner menu, Kyo Restaurant & Lounge is now expanding their offering to welcome guests for lunch. The menu is based around the Yōshoku technique of mixing traditional Japanese and contemporary Western flavours. Dishes on offer range from a selection of fresh sashimi, to chicken wings tempura with yuzu caramel, robata kabocha squash and tsukemono salad, and much more! *Call 04-5575182.*

Fish Dubai, Westin Mina Seyahi Beach Resort

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



↘ BouBouffe, various locations

Renowned for its carefully crafted recipes that have been perfected over the past 40 years, BouBouffe Lebanese Restaurant has brought unique and authentic home-style cuisine to the UAE. The BouBouffe business lunch is designed to provide the ultimate mid-day motivation starting from 12 until the later lunch of 3pm every working day. For the price of Dhs58 per person, diners can choose a traditional Lebanese daily dish, including home-cooked favourites like Mouloukhier, a jute leaf soup with chicken or lamb, served over rice with chopped onions in lemon juice or vinegar and toasted pita crisps, as well as a soup or salad and dessert to follow. Located in Yas Mall, Abu Dhabi and Sheikh Zayed Road in Dubai, BouBouffe will also open in Bay Square in Dubai's Business Bay in the coming weeks. *Visit: boubouffe-uae.com.*

↘ Al Bayt, The Palace Downtown Dubai

Become a connoisseur of afternoon tea with views of the Burj Lake at Al Bayt, the lobby lounge at The Palace Downtown Dubai. The experience takes on an even more special dimension during the month of October, where you not only savour an assortment of delicious sweet and savoury treats with an unlimited selection of premium tea and coffee, but, participate in the Breast Cancer Awareness initiative every Wednesdays, Fridays and Saturdays with a special pink theme. From 2-6pm, it's Dhs160 per person for afternoon tea buffet and unlimited infusions. *Call 04-4287888.*





↘ *Beachside, Jumeirah Beach Hotel*

Let laughter and fun fill the air with a Beachside Family Fun Day this October at Jumeirah Beach Hotel. Bursting with activities to entertain all ages, let the children jump the day away on the bouncy castle, make friends with Sinbad's Kids Club characters, participate in a range of sports games, discover hidden treasures and indulge in an all-inclusive feast of food served from live cooking stations. For unlimited food on October 29, from 12-5pm the family fun day costs Dhs295 per adult and Dhs150 per child (with soft drinks), while children aged seven years old attend free of charge. House beverages can be bought on a cash basis. *Call 04-3480000.*

↘ Burger and Lobster, DIFC

The popular cow and crustacean concept is shaking things up by launching a new menu. Still sticking to their tried and tested formula of burgers, whole lobsters and lobster rolls, the menu launch is set to serve up some incredible flavour combinations, with quirky twists on Burger and Lobster's classic dishes. Specifically - juicy burgers topped with lobster and brie, a spicy take on the brand's infamous lobster roll, and a burger served with foie gras and the ingredient of the moment: truffle, plus more. *Call 05-25213405.*



↘ Cavalli Club, Restaurant & Lounge, Fairmont Dubai

Every Wednesday at Cavalli's new 'Sushi & Bubbles' night, feast on an unlimited supply of sushi (and bubbles), for just Dhs299. From 8:30pm until midnight, a decadent array of sushi including California rolls, maki rolls and fried tempura will be served, alongside refreshing bubbles – a perfect way to ease the end of the working week. *Call 800-2282554.*

↘ Garden, JW Marriott Marquis Dubai

Experience an eclectic and exotic journey through taste. The new Wanderlust Brunch is a one stop culinary journey around the world. With 10 live stations and over 360 dishes, this food odyssey will satisfy even the most restless foodies. Embrace your inner wanderlust and embark on this epicurean adventure. Launching October 7. From 1-4pm, Dhs395 per person. Enjoy a 20% discount on beverages from 4-7pm at the Lust after-party in Square with DJ Soul Ninja! Age policy is 21 and above. *Call 04-4140000.*

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↘ JB's Gastropub, Amwaj Rotana

Known for its eclectic menu and convivial spirit, JB's will celebrate Munich's famous Oktoberfest festival from October 5-22. From humble beginnings as a royal wedding celebration over 200 years ago, the 'Fest' has become an international funfair today. JB's Gastropub will be bringing this event to JBR with authentic German brews sold by the litre and half-litre as well as mouth-watering snacks such as baked pretzels with garlic-herb butter and sausage rolls with mustard. Continuing with typical Oktoberfest flavours on the food menu, JB's will offer 'currywurst' served with crusty bread, cured meat platters and traditional condiments, knuckles with herbed potato cakes and sauerkraut, schnitzels and sausage platters featuring fränkische bratwurst, käse griller wurst, and schublig brat. *Call 04-4282000.*

↘ Lobby Lounge & Dunes Café, Shangri-La Hotel, Dubai

Chefs at Shangri-La Hotel, Dubai will be joining The Pink Brigade 2016 this October by donning pink aprons and baking some sweet rosy treats for its guests throughout Breast Cancer Awareness Month. Pink strawberry and tonka bean velvet cupcakes will be the sweet of choice at Lobby Lounge served with every tea and coffee ordered. Dunes Café will also feature a pink-themed dessert buffet throughout the month, serving Chef Saw's velvet cupcakes, strawberry and cream mille feuille, rose éclairs, raspberry lamingtons and a pink chocolate fountain. The proceeds of the aprons are being donated to the pan Emirate Breast Cancer Awareness charity, The Pink Caravan, supported by The Pink Brigade, a part of Nourish. Now in its third year, The Pink Brigade's outstanding awareness and fundraising campaign for breast cancer awareness has managed to bring chefs together around the world, including the UAE, UK, Australia and Canada raising over Dhs100,000 and much-needed awareness for the early detection of symptoms and support for those affected by the disease. *Call 04-4052703.*



Nine7One, The Oberoi Dubai

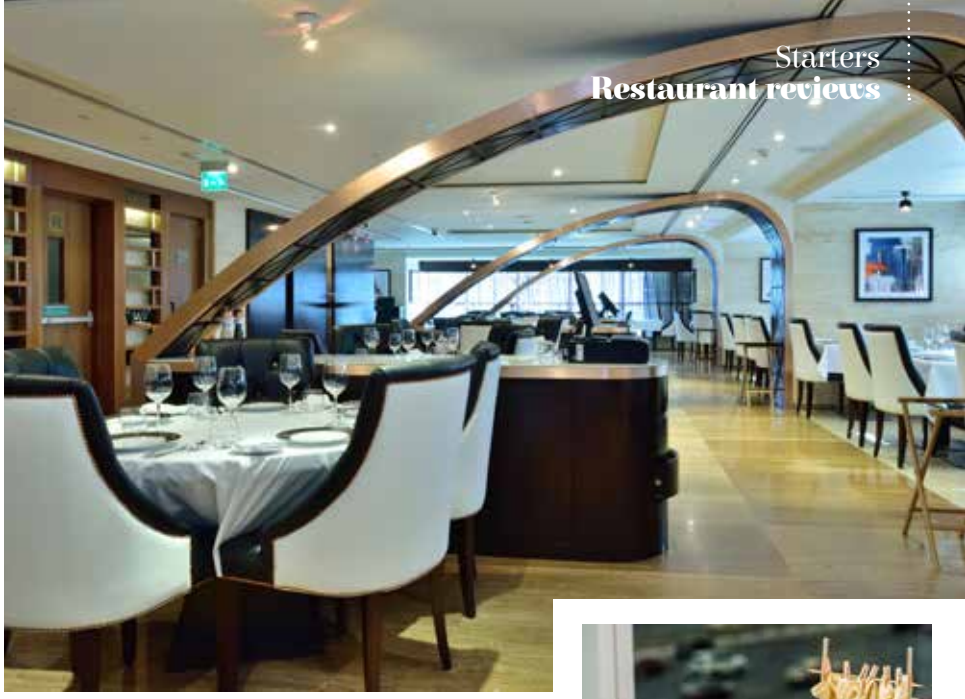
Now re-launched, the 'Street Art Brunch Vol. II' is aimed at bringing locally sourced, sustainable, organic and wholesome food to limelight. The culinary quest includes delights ranging from sushi to a crustacean counter, gourmet cheese selection paired with cold cuts, assorted grills, oysters, paella, bunny chows and much more. Then at the end of the meal enjoy a very tempting variety of desserts including molecular sweets and camel milk ice-cream.

Keeping it authentic and fresh, the chef's endeavour is to create a world cuisine street style experience. Speaking about the re-launch, Vishal Khulbe, head chef at The Oberoi, Dubai said: "The culinary team at Nine7One has embraced the 'SLOW-Sustainable, Local, Organic and Wholesome' food philosophy. The aim of this initiative is to support local agrarians, use organic produce and reduce carbon footprint by sourcing ingredients from indigenous farms. The Oberoi, Dubai has partnered with Al Dahra Agriculture in Al Ain and a team of Chefs will be visiting the farm frequently to pick the freshest produce. These practices have also been followed when putting together the menu for the Street Art Brunch. The Street Art Brunch concept is something completely unique to Dubai and I am sure diners would be delighted with our offerings."

Post brunch, you'll also have the option to relax and unwind in the tranquil surroundings of the enchanting air-cooled Nine7One courtyard and sample varieties of shisha.

Priced at Dhs299 per guest and with special offers for group bookings, the brunch will be offered between 1-4pm every Friday. *Call 04-4441407.*







Tried & tasted

This month, we review one of the city's top tables.



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

WHERE: Tresind, Nassima Royal Hotel

WHAT'S IT LIKE: Unlike most other restaurants serving up traditional Indian cuisine in Dubai, Tresind offers something different – something more. Tresind isn't somewhere I'd recommend popping in for a quick-bite (although, you could if you wanted for lunch), purely because the outlet has so much to offer and presents its guests with a full culinary experience, which I personally feel shouldn't be rushed. The restaurant prides itself on progressive fine dining (think molecular, Alinea style), fused with traditional authenticity. Inside, the dining room has sleek white, black and gold interiors, with plush white chairs. It's a beautiful restaurant with sophistication, yet an air of social relaxation. When it comes to the food, although there's an a la carte menu available, if you opt for the chef's nine-course degustation menu like we did, I promise you won't be disappointed – however, keep an open mind as you're not going to be served the average chicken tikka masala or butter chicken here. Your food journey will begin with a flavoursome deconstructed pani puri, which is prepared tableside, like most of the courses, followed by starters of chaat, and a wild mushroom chai with dehydrated mushrooms and truffle milk powder – don't worry, everything will be explained and demonstrated right in front of you as you go along. Favourites from the evening for me include the sea bass recheado, which was perfectly marinated with big Goan flavours, the well-marbled Black Moore Australian Wagyu served with four variants of Indian pickles, plus the succulent lamb biryani, which was full of taste and literally melted off the bone. To wrap up the evening of fun and entertainment, don't miss the deconstructed black forest cake. From its beautiful frozen cream, to the hot, molten chocolate – this dessert is a showstopper. All in all, Tresind takes Indian cuisine to the next level, successfully. It's the perfect spot for a special occasion with family, or an entertaining evening with friends or your partner.

IF YOU WANT TO GO: Chef's nine-course tasting menu starting from Dhs350 per person, excluding beverages, however pairing is available. *Call 04-3080440.*





FIVE UPDATES

Ice cream sandwiches

PBJ

Sandwich raspberry ripple ice cream between peanut butter cookies and cover with a sprinkling of chopped salted peanuts.

Flapjack

Swirl golden syrup through clotted cream ice cream, then sandwich between oat cookies (use ones with dried fruit for the ultimate flapjack nostalgia).

Birthday

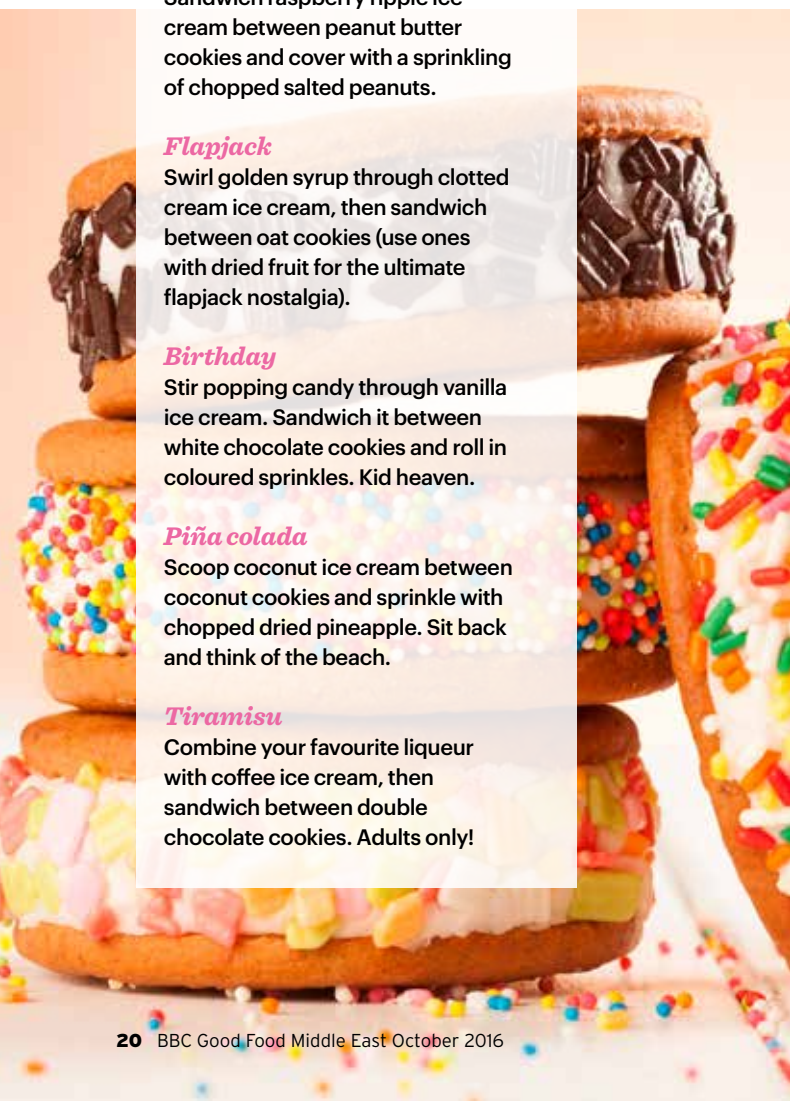
Stir popping candy through vanilla ice cream. Sandwich it between white chocolate cookies and roll in coloured sprinkles. Kid heaven.

Piña colada

Scoop coconut ice cream between coconut cookies and sprinkle with chopped dried pineapple. Sit back and think of the beach.

Tiramisu

Combine your favourite liqueur with coffee ice cream, then sandwich between double chocolate cookies. Adults only!






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Make it easy

Fresh, simple midweek meals for you and your family

recipes CHELSIE COLLINS *photographs* MIKE ENGLISH

Diner Sloppy Joes

SERVES 6 PREP 5 mins
COOK 30 mins EASY

1 tbsp vegetable oil
1 onion, finely chopped
2 small red or yellow peppers, finely chopped
2 garlic cloves, crushed
400g minced beef
2 x 400ml cans chopped tomatoes
2 tbsp chipotle or smoky barbecue sauce
4 cheese slices
6 burger buns
crispy onions, to serve
iceberg lettuce, to serve

1 Heat the oil in a deep frying pan, then fry the onion, pepper and garlic for 8-10 mins until softened. Add the mince, breaking it up with a wooden spoon as you go, and stir until it browns all over. Tip in the tomatoes and chipotle, or barbecue sauce, and add a little seasoning. Simmer for 10-15 mins until the sauce has thickened.
2 Put the cheese slices on top of the mince and cover with a lid for 2 mins to let it melt into the sauce. Pile into the buns with the crispy onions, and lettuce on the side for scooping up the extra sauce.

BENEFITS calcium • folate • vit c • 2 of 5-a-day
PER SLOPPY JOE 499 kcals • fat 20g • saturates 8g • carbs 51g • sugars 12g • fibre 5g • protein 26g • salt 1.7g



Sticky chicken drumsticks & sesame rice salad

This recipe makes a wonderful dinner or lunch on the go. Make sure you chill the rice and chicken as soon as it's cool, then pack into containers.

SERVES 2 PREP 10 mins
COOK 30 mins EASY

4 chicken drumsticks
2 tbsp clear honey, plus 1 tsp
2 tbsp tamari (or soy sauce if not gluten free)
3 tbsp vegetable oil
2 tbsp sesame oil
120g basmati rice
70g kale, chopped
juice 2 limes
100g radishes, halved
1 tbsp sesame seeds

1 Heat oven to 200C/180C fan/gas 6. Put the drumsticks in a roasting tin. Mix 2 tbsp honey, the tamari, 1 tbsp veg oil and 1 tbsp sesame oil in a bowl, then pour over the chicken – make sure each piece is covered. Roast for 25-30 mins.
2 Meanwhile, cover the rice with 240ml water and bring to the boil. Cook for 8-10 mins until tender. Massage the kale with 1 tbsp veg oil for 5 mins until softening (this makes it less chewy). Drizzle over the lime juice, remaining sesame oil and honey, and season. Add the radishes and set aside.
3 Fry the rice in the remaining veg oil in a non-stick pan to dry out. Add to the kale, and toss to combine.
4 Serve the drumsticks with the salad and scatter over the sesame seeds.

BENEFITS vit c • 1 of 5-a-day • gluten free
PER SERVING 779 kcals • fat 39g • saturates 6g • carbs 72g • sugars 20g • fibre 2g • protein 34g • salt 2.5g



Peanut butter chicken

The whole family will love this new way with chicken. Any leftovers will freeze well.

SERVES 4 PREP 10 mins
COOK 40 mins EASY

2 tbsp vegetable oil
8 skinless and boneless chicken thighs, cut into chunks
1 garlic clove, crushed
2 red chillies, finely sliced (deseeded if you don't like it too hot)
2 tsp fresh ginger, grated
2 tsp garam masala
100g smooth peanut butter
400ml can coconut milk
400g can chopped tomatoes
1 small bunch coriander, ½ roughly chopped, ½ leaves picked
roasted peanuts, to serve
cooked basmati rice, to serve

1 Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden. Fry the garlic, chilli and ginger in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more.
2 Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer. Return the chicken to the pan and add the chopped coriander. Cook for 30 mins until the sauce thickens and the chicken is cooked through.
3 Serve with the remaining coriander, roasted peanuts and rice, if you like.

BENEFITS 1 of 5-a-day • gluten free
PER SERVING 572 kcals • fat 43g • saturates 20g • carbs 11g • sugars 7g • fibre 3g • protein 33g • salt 0.3g



Dairy-free dinner



Sweetcorn & courgette fritters

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

198g can sweetcorn, drained
2 spring onions, finely chopped
50g courgette, grated
1 tsp smoked paprika
50g self-raising flour
5 eggs, 1 beaten, 4 for poaching
40ml milk
4 tbsp sweet chilli sauce
juice 1 lime
1 tbsp vegetable oil
mixed leaves, to serve

1 Mix the sweetcorn, spring onions, courgette, paprika, flour, beaten egg, milk and some seasoning in a large bowl and set aside.
2 Put a large pan of water on to boil. In a bowl, mix the chilli sauce with the lime juice and set aside.
3 Heat the oil in a large, non-stick pan and spoon in four burger-sized mounds of the fritter mixture, spaced apart (you may need to do this in two batches). When brown on the underside, turn over and cook for 3 mins more until golden.
4 Meanwhile, poach the eggs in the simmering water for 2-3 mins until cooked and the yolks are runny. Remove with a slotted spoon. Serve the fritters topped with a poached egg, mixed leaves and a drizzle of the chilli dressing.

BENEFITS vegetarian • low cal • folate • vit c • 1 of 5-a-day
PER SERVING 465 kcals • fat 21g • saturates 5g • carbs 44g • sugars 20g • fibre 5g • protein 23g • salt 1.7g

Ready in 25 minutes

Summer fish stew

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

4 slices stale bread, diced
2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp dried chilli flakes
400g can chopped tomatoes
4 frozen white fish fillets, such as cod or pollock
400g can butter beans, drained
small pack parsley, roughly chopped
1 lemon, cut into wedges

1 Heat oven to 200C/180C fan/gas 6. Put the bread on a large baking sheet, drizzle over 1 tbsp oil and bake for 10 mins until golden. Set aside.
2 Meanwhile, heat the rest of the oil in a large flameproof casserole dish over a medium heat. Add the onion and cook until softened for about 10 mins, then add the garlic and chilli flakes and stir for 1 min. Tip in the tomatoes and fish fillets. Cover and simmer for 10 mins until the fish is nearly cooked, then uncover.
3 Tip in the butter beans, season well, then cook until everything is hot. Serve scattered with the croutons, parsley and lemon.

BENEFITS low fat • low cal • calcium • folate • vit c • 2 of 5-a-day • good for you
PER SERVING 325 kcals • fat 7g • saturates 1g • carbs 26g • sugars 8g • fibre 7g • protein 34g • salt 0.7g



Uses storecupboard ingredients

TIP If you grow your own tomatoes, or have any really ripe ones to use up, quarter or halve them and add at the same time as the butter beans for a sweeter, fresher flavour.



One-pot dinner

Courgette & lemon risotto

SERVES 2 **PREP** 10 mins
COOK 40 mins **EASY**

50g butter
1 onion, finely chopped
1 large garlic clove, crushed
180g risotto rice
1 vegetable stock cube
zest and juice 1 lemon
2 lemon thyme sprigs
250g courgette, diced
50g Parmesan (or vegetarian alternative), grated
2 tbsp crème fraîche

1 Melt the butter in a deep frying pan. Add the onion and fry gently until softened for about 8 mins, then add the garlic and stir for 1 min. Stir in the rice to coat it in the buttery onions and garlic for 1-2 mins.
2 Dissolve the stock cube in 1 litre of boiling water, then add a ladle of the stock to the rice, along with the lemon juice and thyme. Bubble over a medium heat, stirring constantly. When almost all the liquid has been absorbed, add another ladle of stock and keep stirring. Tip in the courgette and keep adding the stock, stirring every now and then until the rice is just tender and creamy.
3 To serve, stir in some seasoning, the lemon zest, Parmesan and crème fraîche.

BENEFITS vegetarian • calcium • folate • vit c • 2 of 5-a-day
PER SERVING 752 kcals • fat 37g • saturates 23g • carbs 83g • sugars 8g • fibre 5g • protein 19g • salt 2.0g



Smoked Tandoori Lamb Chop

Clove smoked, mint flavoured tandoori cooked lamb chops served with curry leaves, tempered baby potatoes and cherry tomatoes

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Sardines & tomatoes on toast

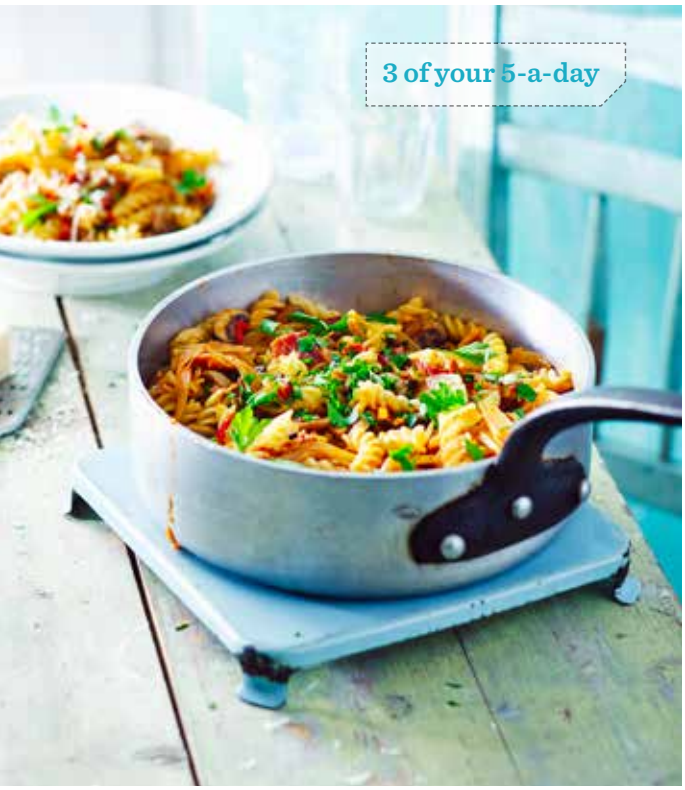
Tinned sardines are a cost-effective way to get more heart-healthy oily fish in your diet. Keep a can in the cupboard for a quick dinner or lunch.

SERVES 1 **PREP** 10 mins **NO COOK**

2 slices sourdough bread, toasted
1 large garlic clove, halved
135g can sardines in olive oil
130g ripe cherry tomatoes, halved
handful watercress
1 tbsp parsley, roughly chopped
½ lemon, to serve (optional)

Rub each piece of toast with the garlic. In a small bowl, mix the sardines and their oil with the tomatoes and the watercress, then season. Sit half the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon, if you like.

BENEFITS calcium • folate • vit c • iron • omega-3 • 2 of 5-a-day
PER SERVING 444 kcals • fat 16g • saturates 4g • carbs 39g • sugars 7g • fibre 4g • protein 33g • salt 2.1g



Chestnut mushroom, fennel & bacon fusilli

You can use any pasta you have in the cupboard for this recipe. If you're cooking for young children, leave out the chilli.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

50ml olive oil, plus 1 tbsp
2 fennel bulbs, finely sliced
2 onions, finely chopped
4 garlic cloves, crushed
2 red chillies, deseeded and finely sliced
4 tbsp tomato purée
250g pack streaky bacon, diced
350g fusilli
280g baby chestnut mushrooms, sliced
small pack parsley, roughly chopped, to serve
Parmesan, grated, to serve

1 Bring a large saucepan of salted water to the boil. Heat 1 tbsp oil in a large pan over a medium heat and fry the fennel and onion for 15 mins, or until softened. Add the garlic and chilli, and cook for 1 min, then add the tomato purée and stir for 1 min more. Toss in the bacon and fry for 5-6 mins.
2 Meanwhile, cook the pasta to according to pack instructions. Add the mushrooms to the frying pan, stir and cover for 8 mins, or until the mushrooms are soft.
3 Drain the pasta, adding a ladle of the cooking water to the sauce. Tip in the pasta and stir to coat. Add the rest of the oil and scatter over the parsley and Parmesan.

BENEFITS folate • fibre • vit c • 3 of 5-a-day
PER SERVING 746 kcals • fat 32g • saturates 8g • carbs 81g • sugars 11g • fibre 12g • protein 27g • salt 2.0g

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Chilli & avocado salsa sweet potatoes

SERVES 2 **PREP** 15 mins
COOK 45 mins **EASY**

2 large sweet potatoes
1 tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp paprika
400g can chopped tomatoes
1 small avocado, chopped
1 red chilli, finely chopped
½ small pack coriander, chopped
400g can mixed beans, drained
½ x 460g jar roasted red peppers, sliced
1 tbsp coconut yoghurt, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes with a fork and bake for 40-45 mins, or until tender and cooked.
2 Meanwhile, heat the oil in a deep frying pan and cook the onion for about 10 mins until softening. Add the garlic and paprika, and stir for 1 min. Tip in the tomatoes, then bring to a gentle simmer, season well and leave to bubble away for 10-15 mins.
3 To make the salsa, combine the avocado, chilli and coriander in a small bowl. Pour the mixed beans into the pan with the red peppers. Warm through for 5 mins and taste.
4 Halve each baked potato, ladle over the chilli and spoon on the salsa. Add a dollop of coconut yoghurt to each half before serving, if you like.

BENEFITS vegan • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 594 kcals • fat 17g • saturates 3g • carbs 78g • sugars 37g • fibre 24g • protein 18g • salt 0.3g


Vegan recipe


Easy midweek dessert

Five-minute mocha pots

This dreamy dessert is ready in under 10 minutes. Use milk chocolate if feeding young children.

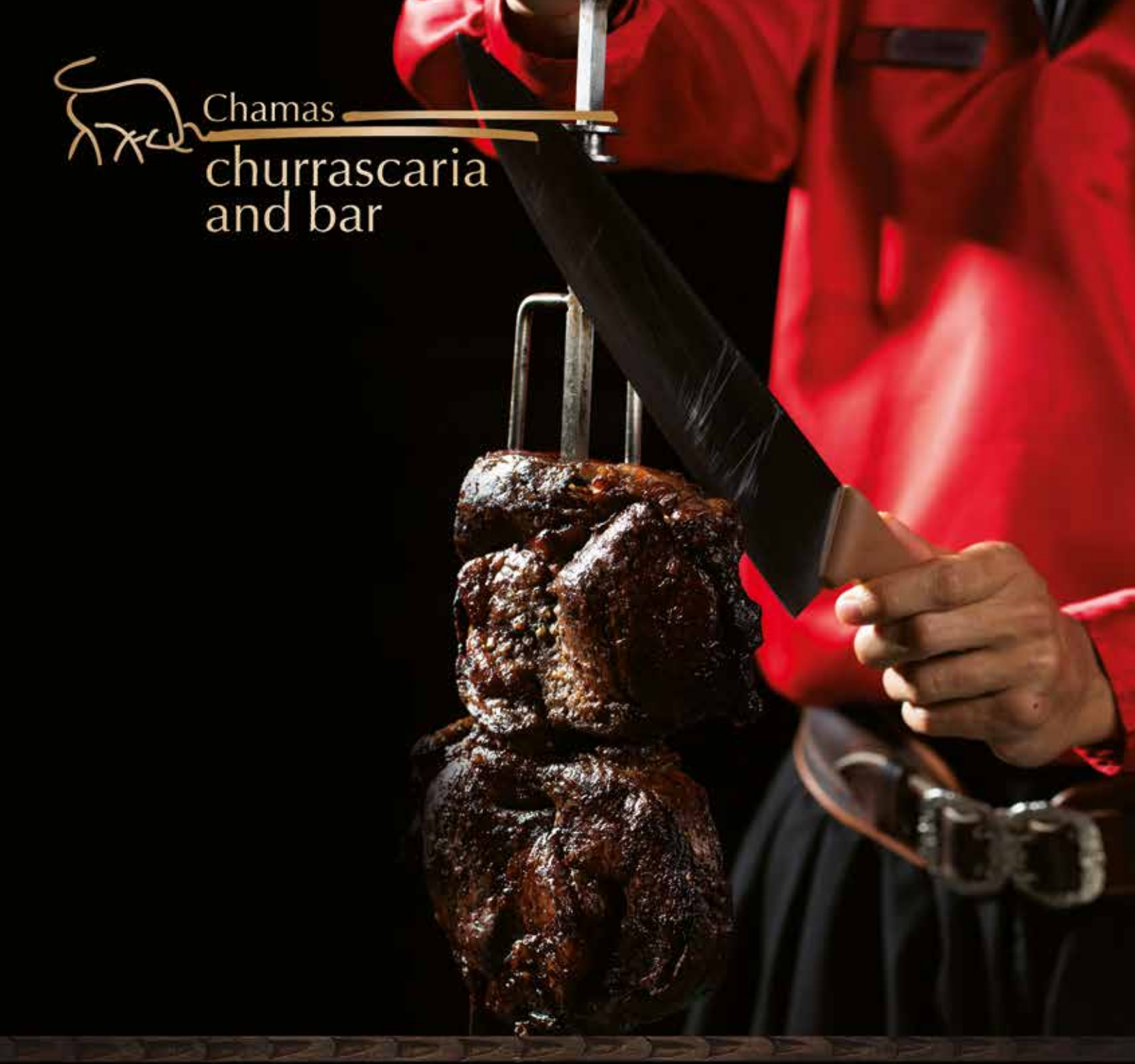
SERVES 4 **PREP** 5 mins
COOK 2 mins **EASY**

200g milk or dark chocolate with coffee, broken into chunks
300ml pot double cream
1 tsp vanilla extract
2 tbsp crème fraîche

1 Melt the chocolate in the microwave for 2 mins, stirring halfway through, or over a pan of gently simmering water. Leave to cool a little.
2 Using an electric whisk, whip the double cream with the vanilla in a bowl until lightly whipped. Fold in the cooled, melted chocolate until fully combined.
3 Split the mixture between four small bowls or ramekins and serve topped with a dollop of crème fraîche. If you aren't serving straight away, chill in the fridge and then add the crème fraîche just before bringing to the table.

PER SERVING 676 kcals • fat 60g • saturates 37g • carbs 28g • sugars 28g • fibre 1g • protein 5g • salt 0.2g

Food styling ELLIE JARVIS | Styling SARAH BIRKS



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DINNER DASH

Spiralized suppers

Grab a pack of courgetti (or make your own) for these simple recipes for two

recipes SOPHIE GODWIN *photographs* MIKE ENGLISH

Greek courgetti salad

SERVES 2

Slice the cucumber on the diagonal and crumble the feta. Combine all the ingredients in a bowl with a little extra virgin olive oil and some seasoning, then divide between plates.

BENEFITS vegetarian • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 293 kcals • fat 25g • saturates 7g • carbs 5g • sugars 5g • fibre 6g • protein 9g • salt 3.4g


½ cucumber

+


60g feta

+


250g pack courgetti

+


200g tub marinated olives with sundried tomato

=



Creamy tomato courgetti

SERVES 2

Roughly tear the ham and basil. Heat a frying pan over a medium heat and dry-fry the ham until crisp. Transfer to a plate with a slotted spoon. Add the sauce to the pan and cook for 1-2 mins, then toss in the courgetti. Cook for 1 min more until warmed through. Divide between bowls, then top with the ham and basil.

BENEFITS low cal • folate • vit c • 2 of 5-a-day
PER SERVING 300 kcals • fat 19g • saturates 9g • carbs 15g • sugars 9g • fibre 2g • protein 16g • salt 3.1g


4 slices of Parma ham

+


½ small pack of basil

+


350g tub tomato and mascarpone sauce

+


250g pack courgetti

=



Cheat's laska

SERVES 2

Heat 1 tsp flavourless oil in a frying pan over a medium heat. Add the curry paste and cook for 1 min. Pour in the coconut milk, then leave to bubble away for a few mins before adding the prawns and courgetti. Cook for 1 min more to warm through, then divide between bowls.

BENEFITS folate • vit c • 1 of 5-a-day
PER SERVING 478 kcals • fat 39g • saturates 29g • carbs 11g • sugars 7g • fibre 4g • protein 18g • salt 2.1g


3 tbsp Thai green curry paste

+


400ml can coconut milk

+


150g pack cooked prawns

+


250g pack courgetti

=



Food styling ELLIE JARVIS | Styling SARAH BIRKS

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Stars of Autumn

Pumpkins and squash are everywhere this time of year. Here we show you how versatile they can be – in stews, side dishes and decadent desserts

Photographs PETER CASSIDY



Pumpkin pancakes with salted pecan butterscotch



Squash, mustard & Gruyère gratin



Pumpkin pancakes with salted pecan butterscotch

Pumpkin purée might not seem like the most obvious addition to thick and fluffy pancakes, but it gives them a sweet, nutty flavour and moist texture.

Maple syrup would be an acceptable drizzle if you don't want to go the whole hog with the butterscotch sauce – but we really advise that you do!

SERVES 4 **PREP** 20 mins plus cooling
COOK 25 mins **EASY**

250g/9oz pumpkin or squash, peeled, deseeded and chopped into large chunks
2 eggs
3 tbsp light brown soft sugar
25g/1oz butter, melted, plus a little for cooking
125ml/4fl oz buttermilk (or use the same quantity of milk, with a squeeze of lemon juice)
200g/7oz plain flour
21/2 tsp baking powder
1 tsp ground cinnamon
drizzle of flavourless oil, such as sunflower or groundnut, for frying
ice cream, to serve, or yoghurt or crème fraîche

For the salted pecan butterscotch
50g/2oz pecans, roughly chopped
50g/2oz butter
50g/2oz light brown soft sugar
1 tsp sea salt flakes
100ml/31/2fl oz double cream

1 Put the pumpkin or squash in a large heatproof bowl, add 1 tbsp water, cover with cling film and microwave on High for 5-8 mins or until really soft – different types will take a varying amount of time. Drain the pumpkin well and cool completely. If you want to eat the pancakes for breakfast, this step is best done the night before.
2 Once cool, put the pumpkin in a food processer with the remaining pancake ingredients and add a good pinch of salt. Blend until everything is well combined to a smooth, thick batter (alternatively, mash the pumpkin well, then whisk in the remaining ingredients). Transfer to a jug or piping bag and set aside while you make the butterscotch sauce.
3 Toast the pecans in a saucepan for 1-2 mins until a shade darker. Tip out and set aside. Add the butter, sugar, salt and cream to the pan. Bring to a simmer, then bubble gently for a few mins until you have a shiny sauce. Stir in the pecans and set aside to cool a little.
4 Heat a knob of butter and a drizzle of oil in a large frying pan. Heat oven to 140C/120C fan/gas 1, to keep the pancakes warm while you cook them in batches – have a baking tray to hand. When the butter is foaming, swirl it around the pan, then pour tennis-ball-sized amounts of batter into the pan (see tip, right) – they will spread a little as they cook, so leave some space between each pancake and don't overcrowd the pan. Cook over a low-medium heat. Don't touch the pancakes until you see a few bubbles appear on the surface – have a look underneath and, if the pancakes are golden, flip them over and cook for another 2 mins on the other side. Transfer the cooked pancakes to the baking tray and keep warm in the oven while you continue cooking.
5 Once cooked, pile the pancakes onto plates, top with ice cream, yoghurt or crème fraîche, and pour over the salted pecan butterscotch sauce.

PER SERVING 717 kcals • fat 43g • saturates 21g • carbs 68g • sugars 31g • fibre 4g • protein 12g • salt 2.6g

PER SERVING (pancakes only) 363 kcals • fat 11g • saturates 5g • carbs 55g • sugars 18g • fibre 3g • protein 10g • salt 1.1g

TIP For perfectly round pancakes, transfer your batter to a piping bag and snip off a large opening. Squeeze the mixture straight into the pan. You can freeze the batter in the piping bag, but add an extra 1/2 tsp baking powder to the mix first. Defrost overnight in the fridge before cooking.

Squash, mustard & Gruyère gratin

This is sure to become your new favourite Sunday roast side. Serve it with a roast chicken or sausages, and a bowl of greens.

SERVES 4-6 **PREP** 20 MINS
COOK 1hr 20 mins **EASY**

small knob of butter
1 tbsp olive oil
2 onions, halved and thinly sliced
2 garlic cloves, peeled and squashed
8 sage leaves
300ml pot double cream
200ml/7fl oz milk
2 tbsp wholegrain mustard
1 squash or pumpkin, peeled, seeds removed, quartered and thinly sliced (about 950g/2lb 2oz prepared weight)
100g/4oz Gruyère (or vegetarian alternative), grated

1 Heat the butter and oil in a large frying pan. Add the onions and cook slowly over a low-medium heat, stirring every now and then, for 10-15 mins until golden and soft.
2 Meanwhile, put the garlic and half the sage in a saucepan, add the cream and milk, and heat gently, not allowing the mixture to boil, for 5 mins. Remove from the heat and set aside to cool for 10 mins, then fish out the sage and garlic. Stir in the mustard and season well.
3 If cooking straight away, heat oven to 180C/160C fan/gas 4. Layer the pumpkin slices, onions, most of the cheese and the infused cream into a large baking dish, finishing with a layer of cream. Once you've used the ingredients up, scatter with the remaining cheese and put the remaining sage leaves on top. Cover the dish with foil and bake for 45 mins.
4 Uncover the dish and increase the heat to 200C/180C fan/gas 6. Cook for a further 20-30 mins until golden brown and tender all the way through. Leave to cool for 10 mins before serving.

BENEFITS vegetarian • calcium • 2 of 5 a day • gluten free • freezable
PER SERVING (6) 443 kcals • fat 37g • saturates 21g • carbs 17g • sugars 11g • fibre 4g • protein 9g • salt 0.7g

Roasted squash with sour cherries, spiced seeds & feta

Small acorn squash or munchkin pumpkins are nice here, sliced into half-moon wedges.

SERVES 4 as a main or 6-8 as a side **PREP** 20 mins **COOK** 45 mins **EASY**

1 large or 2 small squashes or pumpkins, seeds scooped out and reserved, then cut into chunks or wedges (leave the skin on if it's not too tough)
2 tbsp olive or rapeseed oil
100ml/31/2fl oz red wine vinegar
2 tbsp clear honey
100g/4oz dried sour cherries
2 tbsp toasted sesame oil
bunch mint, leaves picked
100g/4oz feta, crumbled

For the spiced seeds

100g/4oz pumpkin seeds (if you don't have enough from your pumpkin, add seeds from a packet)
1 tbsp sesame seeds
2 tsp each ground cumin and coriander
good pinch of ground allspice
2 tsp olive or rapeseed oil

1 Heat oven to 200C/180C fan/gas 6 and line a large baking tray with baking parchment. Arrange the squash or pumpkin wedges on the tray and drizzle with oil. Season well, put in the oven and roast for 35-45 mins or until tender (different varieties will take varying amounts of time, so check by pressing the flesh with a knife – it should be very tender when cooked).

2 Meanwhile, prepare the spiced seeds. Wash and dry the seeds from your squash, removing any stringy bits. Mix the seeds, spices and oil on another baking tray lined with baking parchment, season well and toss together. Put on the shelf below the squash and roast together for the final 10 mins, stirring now and then, until toasted.

3 Put the vinegar, honey and cherries in a small pan. Simmer gently for 2-3 mins until the cherries are plump and the dressing has reduced by half. Stir in a pinch of salt and the sesame oil, remove from the heat and leave to cool for 10 mins.

4 To serve, arrange a layer of warm wedges on a platter. Drizzle over the syrupy dressing and cherries, the seeds and mint leaves. Finally, scatter with feta.

BENEFITS vegetarian • 1 of 5 a day • gluten free

PER SERVING (8) 278 kcals • fat 16g • saturates 3g • carbs 25g • sugars 14g • fibre 4g • protein 8g • salt 0.5g

TIP Depending on the variety of the squash, the skin will become chewy and delicious once roasted, adding another texture to the finished dish.



Food styling JENNIFER JOYCE | Styling LUIS PERAL

Best-ever pumpkin pie with stem ginger cream

Turn the volume up on this classic American dessert, with stem ginger cream and pumpkin seed brittle.

SERVES 8-10 **PREP** 35 mins plus cooling and 1hr chilling **COOK** 50 mins **A LITTLE EFFORT**



For the filling

1 small pumpkin or squash (roughly 500g/1lb 2oz), peeled, seeds removed, cut into large chunks
2 large eggs and 1 egg yolk
170g can evaporated milk
140g/5oz golden caster sugar
2 tbsp ginger syrup (from a jar of stem ginger)
2 tsp ground cinnamon
1/2 tsp ground ginger
1/4 whole nutmeg, grated
pinch of ground cloves
2 tsp vanilla extract or paste

For the crust

50g/2oz pumpkin seeds (dried seeds from a pack are best here)
300g pack ginger nut biscuits
2 balls stem ginger, roughly chopped
85g/3oz butter, melted

For the pumpkin seed brittle

25g/1oz pumpkin seeds (dried seeds from a packet are best here)
100g/4oz golden caster sugar

For the stem ginger cream

2 tbsp ginger syrup (from a jar of stem ginger)
200ml/7fl oz whipping or double cream

1 Start by cooking the pumpkin or squash. Heat oven to 180C/160C fan/gas 4. Put the pumpkin in a large, deep roasting tin. Add a splash of water, no more than a few tbsps, then cover with foil. Make a small steam hole in the middle, put in the oven and cook for 45 mins or until very tender. While the pumpkin cooks, tip the seeds for the crust onto a baking tray and put in the oven on a lower shelf for 10 mins until toasted and starting to pop, then cool. Once cooked, tip the pumpkin into a sieve, drain and cool completely.

2 Meanwhile, prepare the crust. Tip the toasted seeds and biscuits into a food processor and blitz to fine crumbs. Add the stem ginger and melted butter, and blitz again until the mixture is like wet sand. Tip into a 23cm fluted, loose-bottomed tart tin or a pie tin. Use the back of a spoon to spread the mixture evenly over the base and up the sides of the tin, pressing it firmly into place. Make sure there are no holes, so the filling can't escape. Put in the fridge and chill for 30 mins. Clean the food processor.

3 Turn oven down to 160C/140C fan/gas 3. When the pumpkin is cool and any excess liquid has drained away, tip into the food processor. Add the remaining ingredients for the filling and blend until smooth. Put the chilled crust on a baking tray in the middle of the oven. Pull out the shelf and carefully fill with the pumpkin mixture, pouring it right to the top. Close the oven and bake for 40 mins – the filling should be set but still have a wobble. Cool in the tin to room temperature, then chill for at least 1 hr.

4 For the brittle, put the pumpkin seeds in a large heavy-based frying pan and toast for a few mins until golden and starting to pop. While they toast, line a baking sheet with baking parchment. Tip the seeds into a bowl and set aside, then wipe out the pan. Tip the sugar into the pan and set over a medium heat. To turn the sugar into caramel, heat until the sugar dissolves, but don't stir at any stage or it may crystallise – instead, swirl the pan every 10 secs or so. Increase the heat and bubble the liquid sugar until it reaches a deep caramel colour. Quickly add the seeds, swirl to incorporate, then tip out onto your lined tray. Leave to cool and set for 30 mins.

5 Just before you're ready to serve, prepare the cream. Pour the cream and syrup into a large bowl, and whisk until softly whipped and billowy. Remove the pie from the fridge and from its case, and place on a pretty plate or cake stand, or serve straight from the tin. Pile the cream onto the centre of the pie and swirl towards the edges, leaving a border of pumpkin exposed around the edge. When the pumpkin caramel is set, break it into small pieces with a rolling pin and sprinkle over the top – if you have more than you need, store the remainder in a sealed container for up to 2 weeks to scatter over ice cream. Serve the pie in wedges. Leftovers will keep in the fridge for up to 3 days.

PER SERVING (10) 499 kcals • fat 27g • saturates 14g • carbs 55g • sugars 40g • fibre 2g • protein 8g • salt 0.6g

Finishing touch

TIP For a glossy finish, brush the surface of the pie with a little syrup from the jar of stem ginger before piling on the cream.

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Fragrant and comforting

Recipe on p42



Squash & venison tagine

SERVES 4 **PREP** 30 mins **COOK** 3 hrs 15 mins **A LITTLE EFFORT**

3 tbsp rapeseed or sunflower oil
600g/1lb 5oz squash or pumpkin, peeled, seeds removed and cut into large pieces
250g/9oz shallots, halved
450g/1lb stewing venison (shoulder or shin is best), cut into large pieces
1 tbsp each cumin and coriander seeds
1 tsp black peppercorns
1 cinnamon stick
2 cloves
bunch coriander, stalks roughly chopped, leaves picked
thumb-sized piece ginger, peeled and roughly chopped
3 garlic cloves, crushed
1 fat red chilli, deseeded and roughly chopped
good pinch of saffron
500ml/18fl oz chicken stock
8 pitted prunes, halved
2 tbsp pomegranate molasses
bulghar wheat or brown rice, to serve
natural yoghurt, to serve

1 Heat 1 tbsp oil in a large pan and heat oven to 180C/160C fan/gas 4. Toss the pumpkin pieces in another 1 tbsp oil and some seasoning, and put on a large baking tray lined with baking parchment. Roast the pumpkin for 30 mins until almost tender but not too soft. Meanwhile add the shallots to the pan, rolling around now and then, until golden. Scoop the shallots out and set aside.
2 Add the remaining oil to the pan and brown the venison – you'll need to do this in batches so that you don't overcrowd the pan. Take your time, ensuring the meat has a nice dark-brown crust before you remove it from the pan – this will give the tagine a good rich flavour.
3 While the meat browns, heat a frying pan and tip in the cumin, coriander seeds, peppercorns, cinnamon stick and cloves. Warm the spices through, stirring them around from time to time, until they turn a shade darker and smell aromatic. Put the cinnamon stick to one side with the venison, and tip the remaining spices into the small bowl of a food processor or a mortar. Whizz or pound with a pestle to a powder. Add the coriander stalks, ginger, garlic, chilli and 1 tsp salt, and blend to a paste (you may have to add a little water if using a food processor).
4 When all the venison pieces have been browned, return the meat to the pan with the cinnamon stick. Stir in the spice paste and sizzle for 1-2 mins, splashing in a little water if the paste starts to stick to the bottom of the pan. Add the saffron and pour in the stock. Bring to a simmer, cover with a lid and leave to bubble over a gentle heat for 1 hr 30 mins, stirring occasionally.
5 Add the prunes and pomegranate molasses to the tagine, increase the heat a little and bubble without a lid for 30 mins more, until the liquid has reduced and the tagine is rich and tasty. Season and stir in the pumpkin 10 mins before the tagine is finished cooking. Stir through the coriander leaves and serve with your favourite grain – bulghar wheat, quinoa or brown rice goes well – and a dollop of yoghurt. Even better if cooled and served the next day. This tagine will last for up to 3 days in the fridge or can be frozen for 2 months.

BENEFITS low cal • fibre • vit c • iron • 2 of 5 a day • freezable

PER SERVING 331 kcals • fat 11g • saturates 2g • carbs 21g • sugars 15g • fibre 6g • protein 33g • salt 1.8g

OUR PICK OF THE PUMPKIN PATCH

WHAT TO LOOK FOR ▶

While the fluoro-orange pumpkins you'll see piled in every supermarket are ideal for doorstep lanterns, their flesh can often be watery and lack flavour. Off-cuts from carving can be bulked out with onions and carrots to make soup or will bolster a stew, but if pumpkin or squash is the star of the dish, it's worth paying a little extra for much more flavour. Look out for different varieties of squash in supermarkets or at farmers' markets, where the choice is often better.

All pumpkins and squashes should feel heavy for their size, and have smooth, unblemished skin. Hard-skinned pumpkins and squashes will keep for two months in a cool, dark place – once cut, store in the fridge for a week or two.



Queen squash

This plump, orange squash has all the splendour of Cinderella's carriage, with the sweetness of a butternut. The skin can be a little tough, so remove it before cooking. Delicious simply roasted.



Crown prince squash

A good all-rounder, this is our pick of the pumpkin patch. A large squash with dense, sweet and nutty flesh. The steely-blue skin will retain a chewy bite when roasted.



Acorn squash

A small squash with dark green skin, often shaped like its namesake. The flesh is soft and sweet once cooked – great for mashing or roasting whole. Try stuffing it with rice, nuts and spices.



Coquina squash

An amber coloured, often tiger-striped, variety of butternut squash with a similar texture, but sweeter, more intense flavour. Perfect in desserts, like our pumpkin pie on page 39. The seeds are too tough to eat.



Kabocha squash

This Japanese squash has a fluffy texture once baked. The tough green skin turns deep amber once fully ripe, and will soften as it cooks. Traditionally cooked as vegetable tempura, but just as good in soup or simply roasted.

Photographs GETTY, ALAMY

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WHERE: Thiptara
CUISINE: Thai
WHAT'S IT LIKE: Thiptara – meaning 'magic at the water' in Thai – is every bit as magnificent as it sounds. Set against a backdrop of breathtaking views, overlooking Burj Khalifa and the newly opened Dubai Opera, Thiptara rests upon the idyllic Burj Lake waterfront. It's where to go when you're looking for somewhere special, romantic and charming, paired with delectable dining and unfaultable service. With both window and gorgeous al fresco seating available, you're able to indulge in comfort no matter the climate, while enjoying shows from the mesmerising Dubai Fountains, right before your eyes. Offering traditional Thai charm across both its décor and menu, Thiptara perfectly marries authenticity with modernity, and raises the bar for seamlessly fusing luxury with relaxed and calm surroundings. Expect fine dining standards, genuine flavours, privacy and an experience to remember.

Unmissable dishes, as chosen by *BBC Good Food Middle East:*
STARTERS: Spicy green papaya salad (Som Tum Thai), chicken satay with perfected creamy peanut sauce (Satay Gai), steamed dim sum, or flavoursome Tom Yum Goong soup.
MAINS: Panaeng Nuer (a thick coconut curry with sliced, melt-in-your-mouth tenderloin), Gaeng Kiew Wan Gai (a green curry with mild heat, made using chicken, eggplants and sweet basil leaves, or Hoy Phad Prik Phao (scallops stir fried with Thai chili paste, sweet basil and pak-choy).
DESSERT: Khao Neaw Mamueng (a gorgeous portion of ripe yellow mango served with sticky rice), or Gluey Horm Thod I-tim (crunchy tempura fried banana with honey and coconut ice-cream).

WHERE: Asado
CUISINE: Argentinean
WHAT'S IT LIKE: If you're a fan of high-quality meat, this Argentinean grill is not to be missed with premium cuts galore prepared on the 'Parilla'. Asado boasts character, it's distinctive and knows exactly what it's doing. It's soulful and abundant with a fiery, fun spirit, with a live band and fantastic tango dancers to match. From the smoky, charred, mouthwatering scent of the grill wafting through the restaurant as you enter, to the rustic stone walls that create a warm, welcoming ambiance, you're transported to rural yet contemporary Argentina. Centre stage, you'll find the star of the menu, 'Cabrita Asado' (whole roasted baby goat), located forefront of the see-through open kitchen – this is an extremely tasty, traditional dish and a must-try! Nestled below the spectacular Burj Khalifa, Asado offers world-class views of the Dubai Fountains, with a large al fresco seating area in addition to the inside dining room, Chef's Table, and private dining room. Filled with genuine Argentinean enthusiasm and warmth, Asado serves up a truly passionate culinary adventure.

Unmissable dishes, as chosen by *BBC Good Food Middle East:*
STARTERS: A selection of empanadas (traditional Argentinean pies filled with everything from meat, fish, veg and cheese), salted cod carpaccio on bell pepper coulis with a delicate but flavoursome gazpacho sorbet, or a degustation of ceviches (lobster, scallops and tuna).
MAINS: Roasted baby goat, sliced tenderloin in chimichurri (a traditional uncooked sauce made using parsley), or perfectly poached lobster, which comes served over cauliflower caviar with crab remoulade and bisque.
DESSERT: An irresistible serving of chocolate fondant with vanilla ice-cream, or the delicious dulce de leche pancakes with dulce de leche ice-cream.





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Rainbow bowls

Packed with good things, these satisfying breakfasts are quick, easy and so pretty

recipes JESSICA GOOCH ***photographs*** PETER CASSIDY





Green rainbow smoothie bowl

SERVES 2 **PREP** 20 mins
NO COOK

50g spinach
1 avocado, stoned, peeled and halved
1 ripe mango, stoned, peeled and cut into chunks
1 apple, cored and cut into chunks
200ml almond milk
1 dragon fruit, peeled and cut into even chunks
100g mixed berries (we used strawberries, raspberries and blueberries)

Put the spinach, avocado, mango, apple and almond milk in a blender, and blitz until smooth and thick. Divide



between two bowls and top with the dragon fruit and berries.

BENEFITS vegan • folate • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 251 kcals • fat 16g • saturates 3g • carbs 19g • sugars 18g • fibre 7g • protein 4g • salt 0.2g

Tropical smoothie bowl

SERVES 2 **PREP** 20 mins
NO COOK

1 small ripe mango, stoned, peeled and cut into chunks
200g pineapple, peeled, cored and cut into chunks
2 ripe bananas
2 tbsp coconut yohgurt (not coconut-flavoured yoghurt)
150ml coconut drinking milk
2 passion fruits, halved, seeds scooped out
handful blueberries
2 tbsp coconut flakes
a few mint leaves

Put the mango, pineapple, bananas, yoghurt and coconut milk in a blender, and blitz until smooth and thick. Pour



into two bowls and decorate with the passion fruit, blueberries coconut flakes and mint leaves. *Will keep in the fridge for 1 day. Add the toppings just before serving.*

BENEFITS vegan • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 332 kcals • fat 15g • saturates 13g • carbs 41g • sugars 38g • fibre 8g • protein 4g • salt 0.1g

gf

These breakfasts are all vegan. For more vegan recipes, visit *bbcgoodfoodme.com*.

Raspberry ripple chia pudding

SERVES 2 **PREP** 15 mins
NO COOK

50g white chia seeds
200ml coconut drinking milk
1 nectarine or peach, cut into slices
2 tbsp goji berries
For the raspberry purée
100g raspberries
1 tsp lemon juice
2 tsp maple syrup

1 Divide the chia seeds and coconut milk between two serving bowls and stir well. Leave to soak for 5 mins, stirring occasionally, until the seeds swell and thicken when stirred.
2 Meanwhile, combine the purée ingredients in a small food processor, or blitz with



a hand blender. Swirl a spoonful into each bowl, then arrange the nectarine or peach slices on top and scatter with the goji berries. *Will keep in the fridge for 1 day. Add the toppings just before serving.*

BENEFITS vegan • fibre • vit c • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 257 kcals • fat 10g • saturates 3g • carbs 26g • sugars 22g • fibre 13g • protein 8g • salt 0.2g

Summer porridge

SERVES 2 **PREP** 20 mins
NO COOK

300ml almond milk
200g blueberries
½ tbsp maple syrup
2 tbsp chia seeds
100g jumbo oats
1 kiwi, cut into slices
50g pomegranate seeds
2 tsp mixed seeds

1 In a blender, blitz the milk, blueberries and maple syrup until the milk turns purple. Put the chia and oats in a mixing bowl, pour in the blueberry milk and stir very well. Leave to soak for 5 mins, stirring occasionally, until the liquid has absorbed, and the oats and chia thicken and swell.



2 Stir again, then divide between two bowls. Arrange the fruit on top, then sprinkle over the mixed seeds. *Will keep in the fridge for 1 day. Add the toppings just before serving.*

BENEFITS vegan • calcium • vit c • iron • omega-3 • 2 of 5-a-day • good for you
PER SERVING 391 kcals • fat 12g • saturates 2g • carbs 49g • sugars 19g • fibre 14g • protein 14g • salt 0.2g

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Big-batch cereals

Food styling JENNIFER JOYCE | Styling LUIS PERAL

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In the *pink*

In recognition of Breast Cancer Awareness Month, welcome rhubarb into your kitchen for a welcome pop of pink colour and flavour

Recipes EDD KIMBER / ***Photographs*** PHILIP WEBB



Rhubarb & custard tart, p50



Rhubarb & custard tart

This is inspired by a childhood favourite – rhubarb & custard boiled sweets. It is such a classic combo, tried and tested – a dessert that should convert any rhubarb doubter!

SERVES 8 **PREP** 40 mins plus 41/2 hrs chilling **COOK** 1 hr **A LTTLE EFFORT**

For the pastry

225g/8oz plain flour, plus extra for dusting
3 tbsp icing sugar
140g/5oz unsalted butter, diced and chilled
1 medium egg yolk, plus 1 medium egg yolk, beaten, for glazing (save the whites for meringues)
1 tsp vanilla bean paste

For the vanilla custard

1/2 vanilla pod or 1 tsp vanilla bean paste
250ml/9fl oz whole milk
1 large egg, plus 2 large egg yolks
100g/4oz golden caster sugar
25g/1oz cornflour
1 tbsp unsalted butter

For the roasted rhubarb

700g/1lb 9oz thin forced rhubarb (about 5 stalks), trimmed, rinsed and cut into 9cm/31/2in-long pieces
175g/6oz golden caster sugar
1 vanilla pod, seeds scraped out, or 1 tsp vanilla paste
juice 2 oranges
1 tbsp pistachios, chopped, to serve

1 To make the pastry, put the flour, icing sugar and a pinch of salt in a large bowl and mix together. Add the butter and rub together until the mixture resembles breadcrumbs. Add 1 egg yolk, the vanilla and 1 tbsp cold water, and mix together until it just starts to come together as a dough. Tip the mixture onto a clean work surface and gently bring together with your hands. Wrap the pastry in cling film and chill for at least 1 hr before rolling out. Can be made 3 days ahead, or frozen for 2 months.

2 To make the vanilla custard, put the vanilla beans scraped from the pod (or the paste) in a pan over a medium-high heat, add the milk and bring to the boil. Meanwhile, tip the egg, yolks, sugar and cornflour into a bowl and whisk together until smooth. Pour the milk over the egg mixture, whisking to combine. Pour the custard back into the pan and cook, whisking constantly, for 2-3 mins until thickened. Scrape into a bowl and add the butter, mixing until melted and combined. Press a sheet of cling film onto the surface of the custard to stop a skin forming, and chill for 3 hrs. Can be made and chilled 3 days ahead.

3 On a lightly floured surface, roll out the pastry into a large rectangle big enough to line a 30 x 20cm fluted rectangular tart tin. Roll the pastry onto the rolling pin and carefully drape it into the tin, carefully lifting and pressing into the corners and edges. Roll your rolling pin over the tart tin, cutting off the excess. Chill for 30 mins or until the pastry is firm.

4 Heat oven to 180C/160C fan/gas 4. Line the tart with a piece of crumpled baking parchment and fill with baking beans or rice and place on a baking tray. Bake for about 30 mins, then remove the parchment and the beans, and return to the oven for another 5 mins or until the base is golden brown. Brush the inside of the tart with the remaining beaten egg yolk and return to the oven for 1 min to set (this creates a seal, meaning the pastry won't become soggy as quickly). Set aside to cool.

5 To roast the rhubarb, Heat oven to 190C/170C fan/gas 5. Put the rhubarb batons in a small roasting tin (so that they are in one flat layer) and sprinkle over the sugar, the vanilla pod and its scraped out seeds, and the orange juice. Roast for 15-20 mins, or until the rhubarb has softened but is still holding its shape and a vibrant pink syrup has formed. Remove from the oven, discard the vanilla pod and allow to cool.

6 To assemble the tart, remove the custard from the fridge, beat to loosen, then pour over the pastry and smooth with a spatula. Top with the roasted rhubarb, brushing a little of the syrup on top, then sprinkle over the pistachios. Best eaten on the day its made.

BENEFITS 1 of 5 a day

PER SERVING 515 kcals • fat 22g • saturates 12g • carbs 68g • sugars 44g • fibre 3g • protein 8g • salt 0.2g

TIP For a Middle Eastern-style twist, swap the vanilla in the custard for rosewater or ground cardamom.



Tonka bean panna cotta with roasted rhubarb



Rhubarb buckle

Perfect to enjoy with a delightful cup of tea - and a winner during Afternoon Tea gatherings!

SERVES 8 **PREP** 40 mins **COOK** 1 hr 10 mins **EASY**

For the crumble topping
50g/2oz plain flour
50g/2oz golden caster sugar
1/2 tsp ground ginger
50g/2oz unsalted butter, chilled
25g/1oz rolled oats
For the rhubarb filling
225g/8oz thin forced rhubarb, trimmed, rinsed and cut into 2.5cm/1in-long pieces
50g/2oz golden caster sugar
zest 1 orange
For the vanilla cake
100g/4oz unsalted butter, room temperature, plus extra for greasing
200g/7oz golden caster sugar
zest 1 orange
2 large eggs
200g/7oz plain flour
2 tsp baking powder
1 tsp vanilla bean paste
125ml/4fl oz soured cream

1 Heat oven to 180C/160C fan/gas 4. Grease a deep 20cm round cake tin and line the base with baking parchment.
2 To make the crumble topping, put the flour, sugar and ginger in a bowl and mix together. Add the butter and rub together until the mixture resembles breadcrumbs. Stir in the oats and, using your hands, bring the mixture together into a dough, wrap in cling film and chill until needed.
3 Put the rhubarb pieces in a bowl with the sugar and orange zest, and mix together. Set aside while you make the cake batter.
4 Put the butter, sugar and orange zest in a large bowl and, using an electric whisk, beat together until light and fluffy, about 5 mins. Add the eggs, one at a time, beating together until combined before adding the next.
5 In a separate bowl, mix the flour, baking powder, vanilla paste and a pinch of salt together and, in two additions, fold into the butter mixture, alternating with the soured cream. Tip into your cake tin and level out with a spatula. Top with the rhubarb mixture and finish by breaking the chilled crumble into irregular-sized pieces and scattering over the rhubarb. Bake in the oven for about 1 hr 10 mins or until the crumble is golden and a skewer inserted into the middle of the cake comes out clean. Check the cake after 1 hr – if it is colouring too quickly, cover lightly with foil for the final 10 mins.
6 Allow to cool in the tin for 10 mins before carefully transferring onto a wire rack to cool completely. Will keep in an airtight container for up to 3 days, but the crumble will lose some of its texture after the first day.

BENEFITS freezable

PER SERVING 472 kcals • fat 20g • saturates 12g • carbs 65g • sugars 39g • fibre 2g • protein 6g • salt 0.4g

gf

WHAT IS A BUCKLE?
Buckle cakes, which are popular in America, have a dense layer of batter at the bottom, a layer of fruit (traditionally blueberries), and are finished with a crumble topping. As it bakes, the batter rises up the edges of the cake tin to form a crust, but 'buckles' under the weight of the fruit in the centre, giving the cake its name.



Tonka bean panna cotta with roasted rhubarb

A simple panna cotta, flavoured with tonka bean and orange, pairs beautifully with oven-roasted vanilla rhubarb.

SERVES 4 **PREP** 20 mins plus 4 hrs chilling **COOK** 25 mins **A LITTLE EFFORT**

For the panna cotta
3 sheets gelatine
1 tonka bean (see tip, right)
zest 1/2 orange
300ml pot double cream
200ml/7fl oz whole milk
50g/2oz soft light brown sugar
For the roasted rhubarb
200g/7oz thin forced rhubarb, trimmed, rinsed and cut into 5cm/2in-long batons
50g/2oz golden caster sugar
juice 1 orange

1 To make the panna cotta, put the gelatine in a bowl of ice-cold water and set aside. Grate the tonka bean into a medium saucepan and add the orange zest, cream, milk and sugar. Bring to the boil, stirring occasionally. Remove from the heat and leave to cool for a few mins. Remove the gelatine from the water, squeezing out any excess water, and add to the cream mixture, stirring until fully melted. Pour the panna cotta mixture into a jug and divide between four dariole moulds. Carefully press a piece of cling film onto the surface of each pudding and chill for at least 4 hrs or until fully set.
2 Heat oven to 190C/170C fan/gas 5. Put the rhubarb, sugar and orange juice in a small roasting tin and cook in the oven for 15-20 mins or until the rhubarb has softened but is still holding its shape.
3 To serve, remove the panna cotta from the fridge and carefully peel off the cling film. Fill a bowl with hot water and dip each dariole mould into the water for about 10 secs to loosen the puddings. Invert onto a plate, tapping the mould firmly if it doesn't release easily. Serve with the rhubarb and a little of the syrup (this can be warm or cold).

PER SERVING 518 kcals • fat 42g • saturates 26g • carbs 29g • sugars 29g • fibre 1g • protein 4g • salt 0.1g

gf

ABOUT THE BEAN
Tonka beans have a spicy vanilla flavour with hints of cinnamon andclove. They're not stocked in many supermarkets however they're easy to find online. Otherwise, use a vanilla pod instead and scrape out the seeds.

Food styling EDD KIMBER | Styling JENNY IGGLEDEN



Rhubarb & star anise sorbet

Homemade sorbet can be rather solid, but you can create a scoopable one by adding vodka (which doesn't freeze) and liquid glucose (which prevents crystallisation).

MAKES about 500ml PREP 20 mins plus cooling and freezing COOK 20 mins EASY

700g/1lb 9oz thin forced rhubarb, trimmed, rinsed and cut into 2cm/3/4in-long pieces
140g/5oz golden caster sugar
3 tbsp liquid glucose (I used Dr Oetker)
1 vanilla pod
2 star anise
juice 1 lemon

1 Put the rhubarb in a saucepan and add the sugar, 75ml water and the liquid glucose. Scrape the seeds from the vanilla pod and add to the pan (with the pod) along with the star anise.

2 Place over a medium-high heat and bring to the boil, stirring occasionally. Reduce the heat slightly and cook for 15 mins until the sugar has dissolved and the fruit is soft and starting to break down. Remove from the heat and fish out the vanilla pod and star anise. Purée in a blender.

3 Pour the mixture through a fine mesh strainer, removing any remaining stringy bits of rhubarb. Transfer to a jug and stir in the lemon juice. Cover and put in the fridge until fully chilled before churning inan ice cream machine, according to the manufacturer's instructions. Scrape the sorbet into an airtight container and freeze for at least 3 hrs before serving. Will keep, frozen, for up to 1 month.

BENEFITS low fat • gluteen free • freezable

PER SCOOP 100 kcals • fat none • saturates none • carbs 23g • sugars 20g • fibre 2g • protein 1g • salt none

FEELGOOD FOOD
Light & easy

Here's a new lunch recipe to add to the healthy diet plan. You can find the complete plan online at *bbcgoodfoodme.com*

recipe SARA BUENFELD ***photograph*** MIKE ENGLISH



Asian prawn & quinoa salad

This refreshing salad has a zing of lime and a hit of chilli heat. If you haven't tried quinoa, this is a great introduction.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

For the salad
60g quinoa
150g cooked shelled prawns
1 small avocado, stoned and sliced
¼ cucumber, halved and sliced
50g watercress
100g cherry tomatoes, halved

For the dressing
finely grated zest and juice 1 large lime
1 red chilli, deseeded and finely chopped
2 spring onions, trimmed and finely chopped
1 tsp wheat-free tamari
handful coriander, chopped
1 tsp rapeseed oil
½ tsp maple syrup

1 Boil the quinoa in a small pan for 15 mins until the grains are tender and look like they have burst. Drain well and tip into a bowl. Meanwhile, make the dressing: mix the lime zest and juice and the chilli in a bowl.
2 Stir half the dressing into the quinoa with the spring onions, tamari and half the coriander. Stir in all the salad vegetables, then spoon onto two serving plates.
3 Stir the oil and maple syrup into the remaining dressing and toss in the prawns. Spoon onto the quinoa salad and scatter over the coriander to serve.

BENEFITS low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 305 kcals • fat 14g • saturates 2g • carbs 22g • sugars 7g • fibre 7g • protein 19g • salt 1.5g

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Food styling ELLIE JARVIS | Styling SARAH BIRKS


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A party picnic!

This month, *BBC Good Food Middle East* turns nine! In celebration, we've put together a perfect party picnic so that you can join in the fun at home!

recipes JULIET SEAR & CASSIE BEST

photographs TOM REGESTER



Thyme & caramelised onion mini Scotch eggs

Making your own is so worth the effort. Eaten warm, they're divine, so get ahead by shaping and crumbing the Scotch eggs the day before, then cook them an hour or two before your party.

MAKES 12 **PREP** 45 mins
COOK 20 mins plus at least 50 mins chilling **MORE EFFORT**

2 tbsp white wine vinegar
12 quail's eggs at room temperature (see Did you know?, right)
500g sausagemeat
10 thyme sprigs, leaves picked and roughly chopped
75g caramelised onion chutney
50g plain flour
2 hen's eggs
100g fresh breadcrumbs
vegetable or sunflower oil, for frying

1 Fill a large pan with water and bring to the boil. Fill a bowl with cold water and add the vinegar. Lower the quail's eggs into the boiling water with a slotted spoon and cook for 2 mins. Scoop out the eggs, plunge them into the vinegar water and leave to cool for at least 20 mins, or drain and chill for up to 24 hrs.
2 In a large bowl, mash the sausagemeat, thyme and chutney until well combined. Drain and carefully peel the eggs. They should be softly boiled, so will be delicate – try not to break the egg white as you peel them.
3 Spread the flour over a plate. Whisk the hen's eggs in a wide, shallow bowl and tip the breadcrumbs into a third dish. Divide the sausage mixture into 12 patties. Take one patty and flatten it in the palm of your hand. Put a peeled egg in the centre and carefully wrap the patty around the egg to completely enclose it. Roll in flour, then egg, then the breadcrumbs. Continue with the remaining 11 eggs, then chill for at least 30 mins, or overnight.
4 Half-fill a large pan with oil, heat to 180C on a thermometer, or until a cube of bread browns in 45 secs. Gently drop in a few eggs, making sure you don't overcrowd the pan, and cook for 3 mins or until deep golden brown and crisp. Remove with a slotted spoon onto a tray lined with kitchen paper, and sprinkle with flaky sea salt. Serve warm or cold. *Will keep in the fridge for 1 day.*

PER EGG 259 kcals • fat 19g • saturates 5g • carbs 13g • sugars 3g • fibre 2g • protein 8g • salt 0.7g

gf

DID YOU KNOW?
As eggs get older, the liquid inside evaporates through their porous shells, creating an air bubble between the albumen and the shell wall. This means that when you boil slightly older eggs, they will be easier to peel as the air bubble is larger – helpful when dealing with delicate softly boiled eggs.



Cucumber, mint & melon punch

SERVES 12 **PREP** 25 mins plus 24 hrs steeping **NO COOK**

1 large cucumber, peeled and chopped into small chunks
small bunch mint, leaves picked
500ml vodka (optional)
juice 6 limes, plus wedges to serve
200g white caster sugar
1-2 small melons (we used ½ honeydew, ½ cantaloupe and ½ watermelon)
1 litre sparkling water, chilled

1 Put the cucumber and half the mint in a large bowl or jug, and pour over the vodka (if using). Cover and leave to steep for at least 24 hrs or for up to 1 week in the fridge, stirring every few days. Strain through a fine sieve.
2 Pour the vodka (if using), lime juice and sugar into a larger jug, and then stir well.
3 Using a melon baller, scoop out as many melon balls as you can. Add them to the jug and leave to steep for 30 mins-1 hr in the fridge. Top up with sparkling water and add the remaining mint leaves just before serving with extra lime wedges.

BENEFITS gluten free
PER SERVING 251 kcals • fat 1g • saturates none • carbs 34g • sugars 33g • fibre 1g • protein 2g • salt none



Coronation chicken scones

MAKES 12 **PREP** 25 mins
COOK 12 mins **EASY**

For the scones
225g self-raising flour, plus extra for dusting
1 tsp baking powder
140g cold butter, chopped into small pieces
150ml milk
1 tbsp nigella seeds
1 egg, beaten
For the filling
3 cooked chicken breasts, finely chopped or shredded
100g mango chutney
2 tsp mild curry powder
150g pot natural yoghurt
75g mayonnaise
small bunch each coriander and mint, chopped
juice ½ lemon
½ cucumber, peeled into ribbons
1 small red onion, thinly sliced

1 First, make the scones. Line a baking tray with baking parchment and heat oven to 220C/200C fan/gas 7. Put the flour and baking powder in a large bowl, add ¼ tsp salt and mix well. Tip in the butter and rub into the flour with your fingertips until the mixture resembles fine breadcrumbs. Add the milk and nigella seeds, and use a cutlery knife to mix the ingredients together until they clump into a soft dough.

2 Tip onto your work surface and knead briefly to incorporate any crumbs. Flour the surface well and roll the dough out to a thickness of about 1.5cm. Use a 7cm biscuit cutter to stamp out 12 circles – you may need to combine the scraps back together and re-roll to make all 12. Arrange over the baking trays, brush the tops with a little beaten egg and bake for 10-12 mins or until golden brown. Set aside to cool while you prepare the filling.
3 Mix the chicken, chutney, curry powder, yoghurt, mayo, herbs, lemon juice and some seasoning in a bowl. Chill until assembling.
4 To serve, split the scones and make sandwiches with the coronation chicken, cucumber and red onion. Fix the scones together with a skewer, if you like.

PER SCONE 285 kcals • fat 16g • saturates 7g • carbs 21g • sugars 6g • fibre 1g • protein 13g • salt 1.0g







Potted shrimp tart with shaved rainbow beet salad

SERVES 10-12 **PREP** 40 mins **COOK** 1 hr 30 mins **MORE EFFORT**

400g baby new potatoes
5 whole eggs, plus 1 yolk
150ml double cream
50ml milk
1 tbsp Dijon mustard
good grating of nutmeg
270g cooked and peeled brown shrimps
small handful chervil, dill or parsley, finely chopped

For the pastry

250g plain flour, plus extra for dusting
1/4 tsp cayenne pepper, plus a pinch
1 tsp mustard powder
100g cold butter, chopped into small pieces
50g extra mature cheddar, finely grated

For the beet salad

4-6 small beetroots (a variety of colours looks good)
3 tbsp rapeseed oil
1 tsp Dijon mustard
2 tbsp cider vinegar
small punnet cress

1 To make the pastry, tip the flour into a large bowl, add 1/2 tsp salt and mix through with the cayenne and mustard powder. Add the butter and use your fingertips to rub it into the flour until the mixture resembles damp sand. Mix through the cheese, then drizzle in 2-3 tbsp cold water. Squash the crumbs together until you have a smooth ball of pastry, tip onto your work surface and knead a few times to incorporate any dry crumbs. Wrap in cling film, pat into a flat disc shape and chill for at least 30 mins. *Can be made up to a day before (or make and freeze for up to two months).*

2 While the pastry chills, put the potatoes in a pan of cold, salted water, bring to the boil and simmer for 10-12 mins or until tender – a knife should easily pierce the potatoes when they are cooked. Drain and set aside until cool enough to handle. Slice the potatoes into 0.5cm discs and set aside to cool completely.

3 Remove the pastry from the fridge 10 mins before you're ready to roll it. Heat oven to 180C/160C fan/gas 4, with a baking sheet heating up on the middle shelf. Lightly flour the work surface and roll the pastry until it's large enough to line a deep 23cm fluted tart tin – the pastry should be about the thickness of a £1 coin. Carefully lift the pastry into the tin and press it into the corners, patching up any holes with spare scraps of pastry. Trim the excess with a pair of scissors, but leave about 1cm overhanging. Line the case with baking parchment (it'll be more pliable if you scrunch it up in your hands first) then fill with baking beans. Place on the baking sheet in the oven and bake for 15 mins, then remove the beans and parchment and return to the oven for a further 10 mins or until biscuity. Use a small serrated knife to trim the pastry flush with the tart tin. Reduce the oven temperature to 160C/140C fan/gas 3.

4 Mix the eggs, yolk, cream, milk, mustard and nutmeg in a jug with some seasoning. Toss the cooked potatoes, shrimps, herbs and some seasoning in a bowl, then pack into the tart case. Pour in the egg mixture, filling with the last few drops once the tart is back in the oven, to avoid spillages. Scatter with a pinch of cayenne, then bake for 50-55 mins or until just set – give the tart a shake, it should still have a very slight wobble in the centre. Leave to cool to room temperature.

5 Now make the salad. Wear rubber gloves to peel the beetroot (to stop your hands staining), then slice as thinly as you can, using a mandolin if you have one. Whisk the oil, mustard and vinegar with some seasoning, and drizzle over the beets, then toss together. Serve on top of the cooled tart, or on the side in a big bowl, scattered with cress.

BENEFITS folate
PER SERVING (12) 336 kcals • fat 21g • saturates 10g • carbs 23g • sugars 3g • fibre 2g • protein 12g • salt 1.1g



Lemon & almond shortbread bars

MAKES 12 **PREP** 25 mins **COOK** 45 mins **EASY**

125g butter, chopped
85g golden caster sugar
175g plain flour
50g ground almonds
1 tbsp milk

For the topping

zest 3 lemons, plus juice 4 lemons (about 225ml juice)
5 large eggs
250g golden caster sugar
25g plain flour
25g flaked toasted almonds
icing sugar, for dusting

1 Heat oven to 180C/160C fan/gas 4 and line a 20cm square loose-bottomed cake tin with baking parchment. Tip the butter, sugar and a pinch of salt into a large bowl, and beat with an electric whisk until pale and fluffy. Add the flour, ground almonds and milk. Use a wooden spoon and then your hands to bring the mixture together to form a dough.

2 Use your fingers to spread the shortbread dough over the bottom of the tin, right into the corners. Bake for 25 mins until golden.

3 Meanwhile, prepare the lemon topping. Whisk the lemon juice and eggs together in a jug. In a bowl, combine the sugar, flour and zest. Strain the lemon mixture through a sieve onto the sugar mixture and whisk to combine.

4 When the tin is cool enough to handle, wrap the outside tightly in foil – this will prevent the lemon mixture seeping out. Pour over the shortbread and return to the oven for 15 mins. Scatter over the almonds and bake for another 5 mins until the topping has set. Cool completely in the tin, then lift out, dust with icing sugar and cut into bars. *Will keep in the fridge for up to 3 days.*

PER BAR 320 kcals • fat 14g • saturates 6g • carbs 42g • sugars 29g • fibre 1g • protein 6g • salt 0.3g



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Summer celebration cake

This cake is a combination of favourite summer ingredients: strawberries, Victoria sponge, meringues, fresh cream, white chocolate and buttery shortbread. You can either make all the elements yourself, or buy some if you prefer.

It's best to make the meringue kisses, chocolate bark & chocolate-coated strawberries in advance, so you can put your fresh sponges and cream together soon after baking – otherwise you can make them while the cake is cooling.

SERVES 20-25 **PREP** 40 mins plus cooling and making the decorations (see opposite) **COOK** 30 mins **A CHALLENGE**

300g salted butter, at room temperature
300g golden caster sugar
1 tbsp vanilla bean paste (or the seeds from 2 vanilla pods with 2 tsp vanilla extract)
6 medium eggs, lightly beaten
300g self-raising flour

To assemble

900ml double cream
1 heaped tbsp icing sugar
2 tsp vanilla bean paste
300g good-quality or homemade strawberry jam (see tip, below right)
1kg strawberries, chopped into even slices for neat layers (save 8 to decorate)
pack of gold leaf (optional)
meringue kisses, chocolate bark & chocolate-coated strawberries (see recipes, opposite)
shortbread biscuits (see recipe on *bbcgoodfoodme.com*, or use shop-bought biscuits)

1 Heat oven to 180C/160C fan/gas 4. Grease and line two x 23cm tins with baking parchment. Beat the butter, sugar and vanilla in a tabletop mixer (or with a hand mixer or wooden spoon) until the mixture is very light, pale and fluffy.
2 Gradually mix in the beaten eggs, scraping down the side of the bowl after each addition, until fully combined. If using a mixer, on slow, add the flour until just combined – don't over-beat as it can make the sponge heavy. If you're not using a mixer, fold in the flour with a large metal spoon.
3 Divide the mixture between the tins and bake in the oven for 30 mins or until the cakes come away from the side and a skewer inserted into the centre comes out clean. Remove and cool in the tin for 5 mins. Turn out onto a wire rack and remove the parchment to allow the steam to escape and the cakes to cool. Meanwhile, make the decorations.

Now assemble your cake

4 Before you split the sponges, trim the domed tops off each cake with a bread knife. Use the same knife, or a cake wire, to split each sponge horizontally, so you're left with four sponge layers. A good tip is to cut a marker line on each sponge using a bread knife, so that once you've cut the sponges and filled them, you can use the line to put them back together in the right place. That way, if your cutting was a little wonky, it won't make the cake uneven.
5 Whip the double cream with the icing sugar and vanilla until light and fluffy, and just holding shape. Put the bottom layer on a cake stand or board. Spread with a thin layer of jam, then spread or pipe on a good layer of cream. Arrange an even layer of sliced strawberries neatly around the edge, then dot the middle of the sponge with more fruit. Repeat with two more of the cake layers.
6 For the top layer, add the sponge and jam, but neatly pipe the cream over. Gently press gold leaf onto the chocolate on the strawberries, a few meringues and some of the bark.
7 Arrange the chocolate-coated strawberries on top of the creamy sponge, then nestle in shards of bark, meringues and biscuit. Finish with a sprinkling of crushed meringue and a little more of the freeze-dried strawberries. Serve and eat within a few hours.

BENEFITS vit c

PER SERVING (25) 540 kcals • fat 36g • saturates 22g • carbs 47g • sugars 33g • fibre 2g • protein 5g • salt 0.5g

gf

JAZZ UP THE JAM

Mix in a few small finely diced strawberries to loosen the jam and add a fresh strawberry coulis quality to the topping.

Meringue kisses

This recipe makes enough for the cake, plus a few extra for crushing and serving alongside. You'll need a large disposable or reusable pastry piping bag with a hole cut out at the point, or a large round 1cm nozzle, to pipe with.

MAKES 30 **PREP** 20 mins plus 2 hrs cooling **COOK** 1 hr **MORE EFFORT**

75g icing sugar
75g white caster sugar
2 tsp strawberry jam
red food colouring gel
3 medium egg whites, at room temperature

1 Line two large baking sheets with baking parchment. In a small bowl, mix both sugars together. In another small bowl, mix the jam with enough food colouring to create a vibrant red colour.
2 In a clean, grease-free bowl, whisk the egg whites until they form stiff peaks, using electric beaters or a tabletop mixer. Add about a third of the sugar, whipping for 1 min or so, until stiff and glossy. Gradually add the remaining sugar until you have a glossy meringue that holds stiff peaks.
3 Heat oven to 120C/100C fan/gas ½. Turn your pastry bag inside out and, using a spoon, paint three lines of coloured jam from the tip to almost the end of the bag. Fill with the meringue mix and twist the end to close.
4 Holding the bag vertically over the tray, apply enough pressure to create a base, then quickly draw the bag upwards to create little points. The jam will give the meringues a stripy pattern as they pass through the bag.
5 Bake in the oven for 1 hr or until the meringues sound hollow when you lift one and tap the base - they should have a crunchy shell and not be too chewy. Leave to cool in the oven with the door closed, then store in a plastic food bag or airtight container until ready to use.

BENEFITS low fat • gluten free
PER KISS 23 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre none • protein none • salt none

Chocolate bark & chocolate-coated strawberries

MAKES 200g chocolate bark and 9 chocolate-coated strawberries
PREP 10 mins plus chilling
COOK 2 mins **EASY**

300g white chocolate
9 strawberries, with stalks intact
some crushed biscuits and meringues
freeze-dried strawberries

1 Use baking parchment to line a baking tray, and a second tray or flat plate for your strawberries. In a bowl, gently melt the chocolate in a microwave for 30 secs at a time on Medium until melted, or in a bowl over a pan of simmering water.
2 Holding the strawberries by the stalk, gently dip each one into the chocolate, just over halfway up. Allow any excess to drip back into the bowl, then lay carefully onto your parchment to set.
3 Pour the remaining chocolate onto the lined tray and gently tip it until you have a thin sheet. Sprinkle over some crushed biscuits and meringues, and lots of the freeze-dried strawberries. Allow to set completely.
4 Once set, break into shards, then lift off from the parchment. If storing, put back on the tray on clean parchment and lay over some cling film, making sure you keep it in a cool, dry place so it doesn't melt.

PER 25g CHOCOLATE BARK 123 kcals • fat 6g • saturates 4g • carbs 14g • sugars 12g • fibre none • protein 2g • salt 0.1g
PER STRAWBERRY 64 kcals • fat 3g • saturates 2g • carbs 7g • sugars 7g • fibre 1g • protein 1g • salt none

Fruity milk jellies

These striped fruity jellies will make everyone smile. Experiment with different fruits if you like, but avoid pineapple, papaya and kiwis, as they contain enzymes that will prevent the gelatine from setting properly.

MAKES 2 x 500ml jellies (serves 6 each) **PREP** 25 mins plus 6 hrs chilling **COOK** 10 mins **MORE EFFORT** P

16 gelatine leaves
1.2l full-fat milk
200g peaches fresh or from a can, drained
200g icing sugar
yellow, pink, purple and orange food colouring (optional)
flavourless oil, for greasing
200g raspberries
200g blackberries
200g mango, fresh or from a can, drained
ice cream, to serve (optional)

1 Put four gelatine leaves in a bowl of cold water and set aside for 5 mins to soften. Measure 150ml milk into a small pan and heat until just steaming. When the gelatine is soft, squeeze out the water and add to the milk, stir until dissolved, then set aside until the milk has cooled to room temperature.
2 In a food processor, blitz the peaches, 50g icing sugar and 150ml milk. If you want a really intense colour, add a drop of yellow food colouring. Strain the mixture into a bowl through a fine sieve, then stir in the cooled milk and gelatine. Lightly grease two jelly moulds and divide the mixture between them. Chill for 1 hr, or until just set – don't chill for too long or the layers won't adhere properly and the jellies may split when turned out.
3 Repeat steps 1 and 2, this time using the raspberries and pink food colouring. It's very important that the mixture is at room temperature before it is poured on top of the peach jelly, otherwise the bottom layer will melt. Return the moulds to the fridge for 1 hr more, or until just set.
4 Repeat step 3, this time using blackberries and purple food colouring. Chill the jellies for another 1 hr, or until just set. Then repeat the method using the mango and orange food colouring. Chill for 2hrs, or up to 24 hrs.
5 To serve, dip the moulds in warm water to help release the jellies, then invert onto plates or cake stands. Serve with ice cream and extra berries, if you like.

BENEFITS low fat • low cal • gluten free

PER SERVING (12) 123 kcals • fat 3g • saturates 2g • carbs 19g • sugars 19g • fibre 1g • protein 4g • salt 0.1g



Food styling KATY GREENWOOD | Styling LYDIA BRUN



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The great *Good Food* baking challenge

Put your skills to the test with three impressive new bakes from the *Good Food* team – their experttips will help you to get winning results. Aprons on!

photographs PETER CASSIDY



Coconut iced doughnuts, recipe p74

Portrait MYLES NEW



Perfect your pastry

Summer vegetable & pesto rose tart

Spelt flour gives this pastry a nutty flavour which works so well with the pesto. Don't be tempted to skip the chilling stage when making the pastry – this will reduce any shrinkage that may occur during baking.

SERVES 12 **PREP** 40 mins
COOK 1 hr 5 mins **MORE EFFORT**

For the pastry
250g spelt flour
125g cold butter, cubed
25g Gruyère (or vegetarian alternative), finely grated
1 egg yolk, beaten

For the filling
2 small sweet potatoes, peeled
2 courgettes (1 green and 1 yellow looks nice)
1 small aubergine
juice 1 small lemon
250g mascarpone
2 eggs
150g rocket pesto (recipe right, or use a good shop-bought one)
25g fresh breadcrumbs
100g Gruyère (or vegetarian alternative), grated
small bunch thyme, leaves picked
2 tbsp olive oil

1 First, make the pastry. Tip the flour into a bowl with ½ tsp salt. Add the butter and rub in using your fingertips until it resembles breadcrumbs. Stir through the cheese with a cutlery knife. Add the egg yolk, drizzle over 1 tbsp cold water, then use the knife to stir it in until clumps of dough start to form. Tip onto a work surface and bring the dough together with your hands into a smooth ball. Alternatively, you can make the pastry in a food processor. Shape into a disc, wrap in cling film and chill for at least 20 mins.

2 Using a mandolin or a sharp knife, slice the sweet potatoes, courgettes and aubergines lengthways as thinly as possible. Brush the aubergine slices with lemon juice as you go to prevent them from turning brown. Put the sweet potato in a bowl with 2 tsp water, cover with cling film and cook in a microwave on high for 2 mins, then remove and leave to cool. Do the same with the courgettes and aubergines, but cook for just 30 secs, then set aside.

3 Take the pastry out of the fridge and roll out to the thickness of a £1 coin. Line a 23cm fluted tart tin with the pastry. Trim the sides with a pair of kitchen scissors, leaving an overhang of about 1cm. Chill for another 10 mins. Heat oven to 200C/180C fan/gas 6 and put a baking tray on the middle shelf.

4 When the pastry is cold and firm, line with baking parchment (scrunch it up first to make it more pliable), then fill with baking beans. Bake for 15 mins, then remove the beans and parchment and bake for 5 mins more until the pastry is biscuity.

5 Meanwhile, make the filling. Put the mascarpone, eggs, pesto, breadcrumbs and Gruyère in a bowl, season and mix well. Remove the pastry case from the oven, trim the sides with a small sharp knife so they're flush with the top of the tin, then spread the filling over the base.

6 Reduce oven to 180C/160C fan/gas 4. Drain any liquid from the vegetables, pat dry on kitchen paper, then season them all well. Stack a slice of sweet potato, courgette and aubergine on top of each other then, starting from one end, roll into a spiral. Put in the middle of the tart. Layer up another three vegetable slices, then wrap these around the spiralled veg in the centre. Continue until the tart is full and you have created a rose effect. Sprinkle thyme leaves between the layers and drizzle the tart with oil.

7 Bake in the centre of the oven for 40-45 mins until the vegetables are tender and the filling has set. Remove from the oven and leave to cool in the tin for 15 mins before removing. Serve warm or cold.

BENEFITS vegetarian • calcium
PER SERVING 408 kcals • fat 31g • saturates 16g • carbs 20g • sugars 4g • fibre 3g • protein 11g • salt 0.6g

Rocket pesto

MAKES 1 small jar **PREP** 5 mins
NO COOK

Combine **50g pine nuts**, **100g rocket**, **50g Parmesan** (or vegetarian alternative), **150ml olive oil** and **1 garlic clove** in a blender. Season and blend to a paste. *Will keep in the fridge for up to 5 days.*

BENEFITS vegetarian • gluten free
PER SERVING 84 kcals • fat 9g • saturates 2g • carbs none • sugars none • fibre none • protein 1g • salt none

'This year's on-trend bake – the rose tart – gets a savoury makeover with seasonal veg and homemade pesto'

Food styling JENNIFER JOYCE | Styling LUIS PERAL



Craft a showstopper

Cherry, apricot, peach & pistachio meringue stack

The secret to success is to take your time with the meringue and don't open the oven until it's cool, to prevent sinking and cracks.

Meringue is extremely delicate, so your stack will need some structural support to maintain its height. Don't layer up too far in advance of serving or the moisture from the cream and fruit will cause it to collapse.

SERVES 25 **PREP** 2½ hrs plus at least 4 hrs cooling **COOK** 2 hrs 40 mins **A CHALLENGE**

10 large egg whites
550g caster sugar
2 tsp cornflour
2 tsp white wine vinegar
500g cherries
4 ripe peaches, sliced
50g icing sugar, plus 2 tbsp
15 cardamom pods
1.8 litres double cream
100g pistachios, chopped

For the apricot compote

800g apricots, set 5 aside to decorate, the rest chopped
250g caster sugar
juice 1 lemon

You'll also need

28cm cake stand or cake board
20cm thin cake board
14cm thin cake board
8 cake dowling rods

1 Heat oven to 140C/120C fan/gas 1. Line a large baking sheet with baking parchment. Using the 28cm cake board, or the base of a 28cm cake tin as a template, draw a circle on the baking parchment, then flip it over so that the pen or pencil doesn't come into contact with the meringue.

2 Tip 5 of the egg whites into a large bowl, or the bowl of a tabletop mixer (make sure it's extremely clean – any traces of grease will prevent the egg whites from holding) and add a pinch of salt. Whisk the egg whites using an electric whisk, or in the mixer, until stiff peaks form. Add 275g of the sugar, 1 tbsp at a time, while continuing to mix. Once incorporated, the mixture should be stiff and shiny, and should hold up in peaks on the end of the beaters. Add 1 tsp cornflour and 1 tsp vinegar and mix again until combined.

3 Use some meringue to stick the parchment to the baking sheet. Pile the meringue onto the parchment and spread it out with a spatula or palette knife to fill the circle. Bake on the middle shelf for 1 hr 20 mins, then turn off the oven without opening the door, and leave the meringue inside to cool for at least 4 hrs to prevent it from cracking. Once cool, loosely cover with cling film or a tea towel and leave in a cool and dry place for up to 2 days.

4 Follow steps 1-3 for the next two layers, but this time line two baking sheets with parchment. Draw a 20cm circle on one and a 14cm circle on the other. Once you've made the meringue mixture, divide it between the baking sheets and spread out to fill the circles. Bake for 1 hr 20 mins and cool as before.

5 To make the compote, put the apricots in a saucepan with the caster sugar and lemon juice. Bring to a simmer, then cook for 5-8 mins until the fruit is soft and pulpy. Remove from the heat and use a stick blender to purée the fruit, adding a splash of water if needed. Cool until you're ready to assemble. *Can be made up to 2 days before, or frozen for up to 2 months.*

6 On the day you want to assemble and serve the meringue, halve or quarter five apricots, and stone half the cherries. Toss the peach slices, apricots and stoned cherries with 2 tbsp icing sugar and set aside to macerate for 30 mins.

7 Remove the cardamom seeds from the pods and grind to a powder using a pestle and mortar. Pour 1 litre of the cream into a large bowl or freestanding mixer. Add 25g icing sugar and half the cardamom. Whisk until the cream is just holding its shape – don't overwhip. Use a little of the cream to stick the largest meringue to a cake board or stand, then pile the rest on top. Drizzle over some compote and scatter with the macerated fruit and some pistachios. Insert four dowling rods, pushing them into the centre of the meringue until they hit the base, then snip the tops so they sit flush with the cream and fruit.

8 Whip the remaining cream, sugar and cardamom, and use a little to stick the 20cm meringue to the cake board. Carefully put this on top, then pile on just over half the cream. Top with compote, fruit and pistachios as before. then insert four more dowling rods and cut them to the correct height.

9 Use some of the remaining cream to stick the final layer to its cake board and position on top carefully. Top with more cream, compote, nuts and fruit, and finish with the remaining unstoned cherries. Serve as soon as possible – the meringue will only hold for 1-2hrs.

BENEFITS gluten free
PER SERVING 576 kcals • fat 42g • saturates 25g • carbs 43g • sugars 42g • fibre 2g • protein 5g • salt 0.1g

Create light-as-air doughnuts



Coconut iced doughnuts

The trick here is to make sure you develop the gluten by kneading the dough well, and then leave it to rise for as long as you dare. That way, you'll get the lightest of doughnuts.

Fry the dough in batches as overcrowding the pan can cause the temperature of the oil to drop, making your doughnuts soggy.

MAKES 12 **PREP** 40 mins plus rising **COOK** 20 mins **MORE EFFORT**

300g strong white bread flour
25g golden caster sugar
1 tsp fast-action dried yeast
2 eggs
75g butter or coconut oil, melted
vegetable or sunflower oil, for greasing and frying

For the coconut icing

80ml coconut milk
350g icing sugar
various shades of food colouring
coconut shavings (optional)

1 Weigh the flour, sugar and ½ tsp salt into a large bowl or the bowl of a tabletop mixer. Add the yeast, 100ml warm water, the eggs and the butter or coconut oil, then mix with a wooden spoon until it becomes a smooth, sticky dough.
2 Tip the dough onto a work surface and knead for 10 mins or until it feels stretchy and silky – if it sticks to your hands at first, add a little extra flour, but don't be tempted to add too much as this will make the dough heavy. Clean the bowl and oil it lightly, return the dough and turn over until coated in oil. Wrap the bowl in cling film and set aside in a warm place for 2-3 hrs until doubled in size. Alternatively, mix in a tabletop mixer for 5-8 mins until the dough starts to pull away from the sides of the bowl.
3 Once the dough has risen, tip it onto the work surface and punch out any air bubbles. Roll it out to a rectangle roughly 2cm thick. Using an 8cm biscuit cutter, stamp out as many circles as you can – you should get 12 if you scrunch up and re-roll the trimmings. Use a smaller biscuit cutter (about 2cm) or a large piping nozzle to stamp out a hole in the middle of each doughnut. Arrange the doughnuts and the doughnut holes over two baking trays, cover with lightly oiled cling film and leave to rise for 1 hr or until almost doubled in size again.
4 While the doughnuts rise, make the icing by combining the coconut milk and icing sugar in a bowl. Divide the icing into as many bowls as the number of colours you'd like to use, then add a drop of food colouring to colour each one a vivid shade.
5 Half-fill a deep fryer or large pan with oil and heat to 180C. If you don't have a thermometer, check the temperature with a piece of bread – it'll turn golden brown in about 45 secs when the oil is ready.
6 When you're ready to fry, have a plate lined with kitchen paper to hand. Drop one or two ring doughnuts and a few doughnut holes into the pan at a time, making sure you don't overcrowd it. Cook the doughnuts for 2-3 mins each side until deep golden brown, then flip over and cook for another 2-3 mins. When the doughnuts are cooked, drain on kitchen paper.
7 When all the doughnuts and doughnut holes have been cooked, dip into the coloured icings. Top some of the doughnuts with coconut shavings, if you like. *Best served on the day, but will keep for 2 days in a tin.*

PER DOUGHNUT 341 kcals • fat 13g • saturates 7g • carbs 50g • sugars 31g • fibre 1g • protein 4g • salt 0.2g



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CHEF OF THE YEAR 2016

Four of Dubai's top chefs are set to go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management on October 23, 2016. The chefs, who earnt their places through gaining the highest number of public votes, will battle it out using the same set of ingredients plus pantry staples, to present a three-course menu to an independent panel of judges, in a challenging time frame.

The winner will receive a three-night stay at the 5-star Outrigger Laguna Phuket Beach Resort.

WHO ARE THE FINALISTS?

BENJAMIN WAN	BRIAN VOELZING	OLIVER FERNANDES	TIMOTHY NEWTON
Coya *Four Seasons*	*The Hide* *Al Qasr Hotel*	*Rhodes Twenty10* *Le Royal Meridien, Dubai Marina*	*Bistro Bagatelle* *Fairmont Dubai*

Appliance Partner: Miele

Venue Partner: The Emirates Academy of Hospitality Management

Prize Partner: Outrigger Laguna Phuket Beach Resort

Official Publication: BBC good food Middle East

Organiser: CPI MEDIA GROUP (CPIMEDIAGROUP.COM)

WICKEDLY GOOD

Cook up some ghoulish goodies with your little monsters this Halloween

Photographs David Munns





Eyeball snot-tail

The jellied texture and edible eyeball are dreadfully delicious!

MAKES 10-15 **PREP** 25 mins plus chilling **NO COOK EASY**

135g pack lime jelly
700ml/11/4pts apple & pear juice (we used Copella)
300ml/1/2pt lemonade
425g/15oz can lychees in syrup
10-15 cocktail cherries from a jar
10-15 raisins

YOU WILL NEED
10-15 cocktail sticks

1 Make the jelly following pack instructions and chill until set. Combine the apple & pear juice with the lemonade in a large jug and chill in the fridge.
2 To make the eyeballs, drain the lychees and poke a hole in each cherry with one of the cocktail sticks. Put the cherry inside the lychee, then push the raisin into the cherry. Press the eyeball onto the end of a cocktail stick and set aside until serving.
3 When the jelly has set, use a whisk to break it up into small chunks. Spoon into the cocktail glasses and top up with the apple juice mixture. Put an eyeball into each glass before serving.

BENEFITS low fat • gluten free
PER SNOT-TAIL (15) 70 kcals • fat none • saturates none • carbs 17g • sugars 15g • fibre none • protein 1g • salt none

TIP Use any leftover jelly to make snot shots by putting the 'slime' into plastic shot cups.



Maggoty apples

You can remove the core completely and have the maggots climbing out of the top, or leave the stalk intact so that your guests get a spooky surprise when they cut inside.

SERVES 6 **PREP** 20 mins plus chilling **NO COOK EASY**

6 apples (we used Braeburn)
juice 1/2 lemon
100g/4oz white chocolate
50g/2oz puffed rice
jelly worm sweets (optional)

1 Core the apples, starting at the base and trying to keep the stalk ends intact. Use a blunt table knife or melon baller to scoop out any remaining bits of seeds and core if you need to. You can also use a metal skewer to make 1 or 2 holes in the sides. Brush the cut parts of the apples with lemon juice and put on a plate or board.
2 Put the chocolate in a heatproof bowl over a pan of simmering water to melt. Once melted, stir in the puffed rice, then remove from the heat. Using a teaspoon, pack the chocolate and puffed rice mixture into the apples, sticking a few into the smaller holes and on the top to look like they're crawling out. Transfer the apples to the fridge for around 20 mins to set.
3 Spoon any remaining mixture into a mini muffin tin lined with paper petit four cases and put in the fridge to set along with the apples.
4 Once the chocolate has set, peel away the paper cases and put the 'maggot balls' around the apples. Add a few wriggly jelly worms too, if you dare.

BENEFITS 1 of 5 a day
PER SERVING 173 kcals • fat 5g • saturates 3g • carbs 28g • sugars 20g • fibre 2g • protein 2g • salt 0.1g



Fright Night fancies

These little cakes are so easy to make.

SERVES 12 **PREP** 25 mins **NO COOK EASY**

12 ready-made vanilla cupcakes or fairy cakes
2 x 410g cans apricot halves in light syrup, drained (reserve the syrup)
100g/4oz raspberry jam
a little icing sugar or cornflour, for dusting
500g pack ready-to-roll white fondant icing
black icing pen

1 Remove the cakes from their paper cases – if the tops are rounded, trim them with a serrated knife to make a flat surface. Flip the cakes over and arrange on a large board or cake stand. Brush the cakes all over with the syrup from the drained apricots, then place 1 tsp jam on top of each cake. Put an apricot half on top of the jam, rounded-side facing up.
2 Clean your work surface, then dust with a little icing sugar or cornflour. Roll out the icing to the thickness of a 50p piece – it will be easier if you work with half at a time, keeping the remaining icing well wrapped so it doesn't dry out. Use a 12cm fluted cookie cutter to stamp out 12 circles and, as soon as you cut each one, drape it over a cake. Draw on spooky faces using the black icing pen, then serve. Can be made up to a day ahead; eat leftover cakes within 1 day.

PER SERVING 364 kcals • fat 8g • saturates 5g • carbs 70g • sugars 64g • fibre 1g • protein 2g • salt 0.3g

TIP Make your own vanilla cupcakes or fairy cakes with a recipe from bbcgoodfoodme.com. Our Orange & almond cupcakes would work well.



Zombie fingers

These treats are a great way of tricking children into eating something that's a little more wholesome than most of the sugary bites they'll collect at Halloween.

SERVES about 15 **PREP** 30 mins plus 1 hr chilling **NO COOK EASY**

250g/9oz stoned dates
100g/4oz dark chocolate, chopped
3 tbsp smooth peanut butter
3 tbsp porridge oats
flaked toasted almonds

1 Tip all the ingredients except the almonds into a food processor and pulse until you have a rubbly looking mixture.
2 Line a tray with baking parchment and mould the mixture into fingers, then lay them on the tray. Press an almond 'fingernail' into the end of each finger and place in the fridge to harden for at least 1 hr. Serve poking out of a bowl.

BENEFITS freezable
PER SERVING 123 kcals • fat 5g • saturates 2g • carbs 15g • sugars 13g • fibre 2g • protein 3g • salt none

gf

Find more Halloween recipes at *bbcgoodfoodme.com*

Food styling JENNIFER JOYCE | Styling LUIS PERAL

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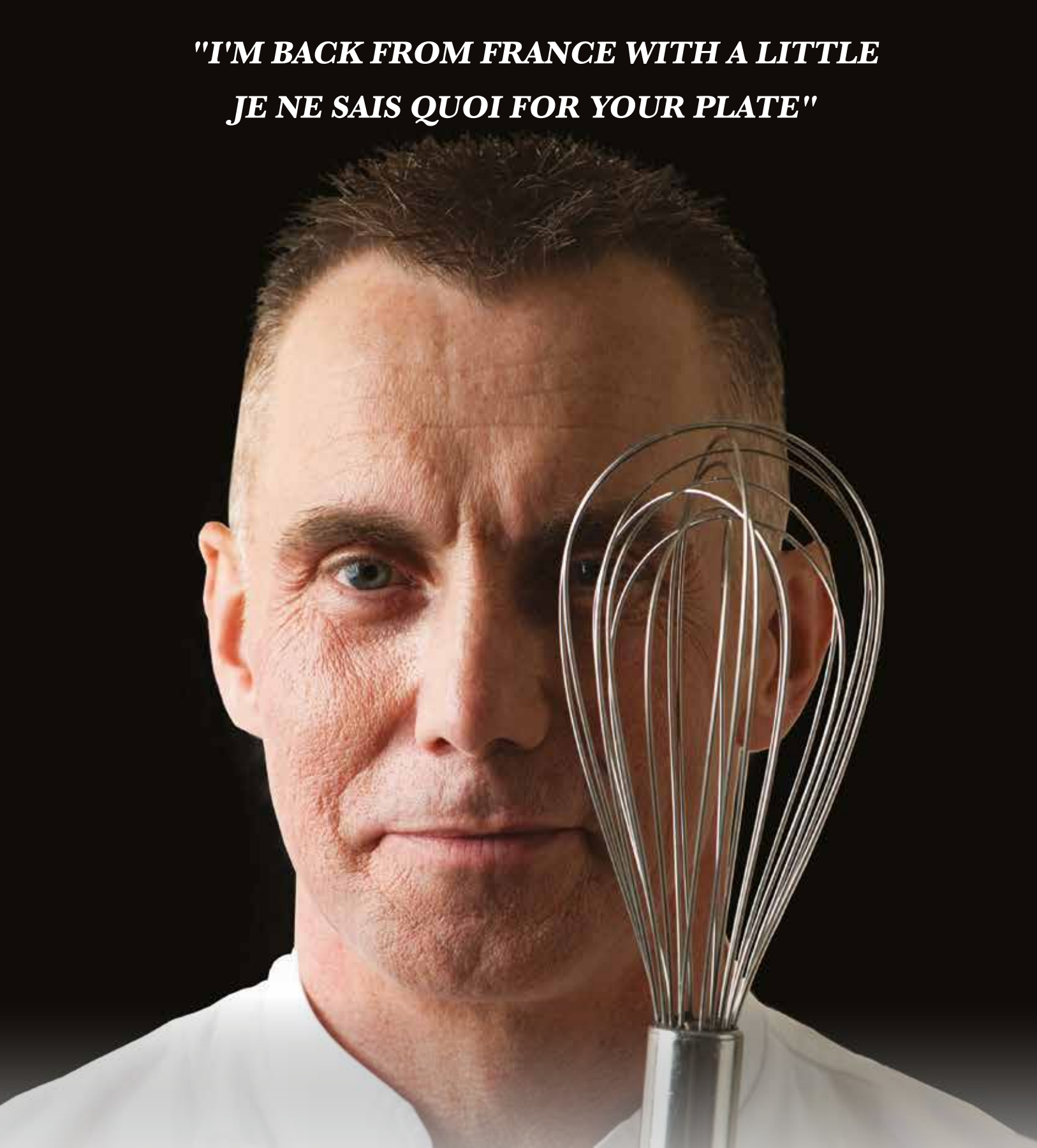
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CAKE CLUB

Cool new bakes

Three exciting on-trend recipes to keep your baking repertoire bang up to date

recipes CHELSIE COLLINS and CASSIE BEST ***photographs*** TOM REGESTER



Matcha mousse cake



Matcha mousse cake

Matcha powder is one of our favourite new ingredients. Made from finely ground green tea leaves, it's rich in antioxidants and hailed by health gurus for its energising properties. However, you can use matcha in more than power smoothies and healthy 'Buddha bowls'. In Asia, it is used in cakes, desserts and lattes, and the trend is now sweeping the world.

SERVES 12 **PREP** 55 mins plus at least 4½ hrs chilling **COOK** 30 mins **A CHALLENGE**

For the sponges
vegetable oil, for greasing
6 large eggs, separated
200g white caster sugar
1 tsp vanilla extract
100g plain flour
25g ground almonds
50g butter, melted and cooled

For the matcha mousse
5 gelatine leaves
600ml pot double cream
2 tbsp matcha powder (see tip, right)
250g icing sugar, plus a little for dusting

For the matcha & white chocolate glaze
150ml double cream
150g white chocolate, chopped into small pieces
1 tsp matcha powder
cherries and fresh pink cherry blossom flowers, to decorate (optional)

1 Heat oven to 180C/160C fan/gas 4. Grease two 20cm cake tins (one should be at least 8cm deep) with oil, and line the base and sides with baking parchment. Tip the egg yolks, caster sugar and vanilla into a large bowl, and the egg whites into a second large bowl. Combine the flour, almonds and ¼ tsp salt in a third bowl.

2 Using an electric hand whisk, beat the egg whites until doubled in size and holding soft peaks. Transfer the beaters to the egg yolk bowl (no need to clean the beaters first) and whisk until the mixture is thick and pale. Lift the beaters and drizzle the mixture around the bowl – a ribbon should sit on the surface for 2-3 secs.

3 With a large metal spoon, transfer a spoonful of egg white to the yolks, and mix to loosen the consistency. Add the remaining whites and gently fold into the yolks, trying to retain as much volume as possible. Stop before the mixture is totally combined. Sprinkle the flour and almond mixture evenly over the surface, then drizzle the cooled butter around the edge of the bowl. Fold everything together until just combined, making sure you scoop the spoon right down to the bottom of the bowl to catch the butter and any pockets of flour. Divide the mixture between the cake tins, level the surfaces, then bake on the middle shelf of the oven for 22-25 mins. Test the cakes are done by inserting a skewer into the centre – it should come out clean. Cool in their tins on a wire rack for 30 mins, then remove the tins and parchment, and leave to cool completely.

4 Now make the matcha mousse. Boil the kettle. Put the gelatine in a bowl of cold water and set aside to soften. Pour 150ml cream and 50ml hot water into a saucepan. Add the matcha powder and whisk over a gentle heat until well combined and steaming. Remove from the heat. Squeeze the water from the gelatine leaves and add them, one by one, to the hot matcha cream, whisking until they're dissolved. Pour the warm cream into a bowl and put in the fridge to cool to room temperature – don't leave it too long or the gelatine will set.

5 Assemble the cake. Line the deepest of your 20cm cake tins with a double layer of cling film, ensuring the sides are well covered. Put one of the sponges in the tin, flattest-side down. Pour the remaining 450ml cream into a bowl and add the icing sugar. Whip until the cream is holding soft peaks, then fold through the cooled matcha cream. Scrape the cream into the cake tin and level the surface. Put the remaining sponge on top, flattest-side facing up, pushing the sponge gently into the cream. Wrap the tin in cling film and chill for at least 4 hrs.

6 To make the glaze, put the cream, chocolate and matcha powder in a saucepan and heat very gently, stirring until the chocolate has melted and the matcha is well mixed in. Set aside to cool and thicken for 10 mins. Remove the cake from the fridge and unwrap the tin. Invert the cake onto a cake stand or plate and remove from the tin and the cling film. Using a palette knife held at a 90-degree angle to the side of the cake, scrape around the edge to remove any excess mousse and give the cake a smooth finish. Using baking parchment, create a tight collar, sitting about 2cm taller than the cake. Pour the cooled chocolate glaze over the top, smoothing it to the edge – the collar should prevent it from dribbling down the sides. Chill for 30 mins more, or for up to 24 hrs.

7 To serve, carefully pull off the parchment collar. Hold a chopping board (or another object with a straight edge) over half the cake and dust the exposed surface with icing sugar. Arrange fresh cherries and cherry blossom or another edible flower on top, if you like, and serve immediately.

PER SERVING 640 kcals • fat 44g • saturates 26g • carbs 52g • sugars 45g • fibre 1g • protein 7g • salt 0.3g

TIP Matcha powder is available in health food stores, Holland & Barrett or online at *ocado.com*. When buying, look out for 100% matcha to avoid additional ingredients like anti-caking agents.



Black tahini chocolate cookies



Black tahini chocolate cookies

You can make tahini using black or white sesame seeds. Black ones have a nuttier, sweeter flavour, making them perfect for baking.

MAKES 20 **PREP** 20 mins
COOK 8 mins **MORE EFFORT**

50g salted butter, softened
125g light brown muscovado sugar
125g golden caster sugar
1 egg, beaten
200g self-raising flour
2 tbsp cocoa powder
200g milk chocolate, broken into chunks
100g white chocolate, melted, for drizzling

For the black tahini

100g black sesame seeds, plus extra for decorating
100g flavourless oil
30g maple syrup

1 First, make the black tahini. Toast the sesame seeds in a small pan over a gentle heat until you can smell the sesame aroma. Transfer to a mini processor and blitz. Pour in the oil gradually until a paste forms. Add the maple syrup and blitz again. Tip into a small bowl until ready to use.
2 Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. In a large bowl, beat the butter and sugars together until pale and fluffy. Add the egg and 80g of black tahini paste, and beat to combine. Tip in the flour, cocoa and milk chocolate chunks, and beat until fully incorporated.
3 Using an ice cream scoop, ball the dough into about 20 pieces and place on the baking sheets. Press each ball lightly so it's a little flatter, leaving plenty of room between them, as they will spread.
4 Bake for 6-8 mins until still soft in the middle – they will harden as they cool. Leave to cool on the sheets for a few mins before transferring to wire racks to cool completely.
5 Once cooled, drizzle white chocolate zigzags all over the cookies and sprinkle some black sesame seeds on top. *Will keep in an airtight container for 3 days.*

PER COOKIE 254 kcals • fat 13g • saturates 5g • carbs 29g • sugars 21g • fibre 1g • protein 3g • salt 0.2g

Cardamom buns

The Swedes know a thing or two about baking, and fragrant spices are a key ingredient. Ginger cookies, aromatic saffron buns and cinnamon-laced apple cakes are all excellent examples. But the king of Swedish flavours has to be cardamom. The intense floral perfume permeates bread dough beautifully.

MAKES 12 **PREP** 40 mins plus at least 2 hrs proving and rising
COOK 25 mins **MORE EFFORT**

35 cardamom pods
350ml full-fat milk
200g butter, cubed
500g strong white flour, plus extra for dusting
225g golden caster sugar
7g sachet fast-action dried yeast
½ tsp ground cinnamon
vegetable oil or sunflower oil, for greasing
1 large egg, beaten
2 tbsp pearl sugar (available from *ocado.com*)

1 Crack open 10 of the cardamom pods with a pestle and mortar, and tip into a saucepan. Add the milk and warm until steaming but not boiling. Add 50g butter (leave the remaining butter at room temperature to soften) and set aside to cool until lukewarm, swirling the pan from time to time to encourage the butter to melt.
2 Put the flour, 75g of the sugar, the yeast, cinnamon and ½ tsp salt into a large bowl, or the bowl of a freestanding mixer. Mix until well combined. When the milk has cooled, strain it through a sieve into the flour, discarding the cardamom. Using a wooden spoon or dough hook, mix to form a soft dough. Tip onto a work surface and knead for 10 mins, or run the freestanding mixer for 5 mins, until the dough is smooth and stretchy. Clean the bowl, lightly grease with oil, then return the dough to the bowl and turn it over until well coated in oil. Cover the bowl with a tea towel or cling film and leave to rise for 2 hrs or until doubled in size (you could prove it in the fridge overnight).
3 Crack the remaining cardamom pods using a pestle and mortar. Prise them open and tip the seeds back into the mortar, discarding the pods. Crush the seeds to a powder, then combine with 150g sugar. In a bowl, mix the remaining butter with all but 2 tbsp of the cardamom sugar.
4 Line two baking trays with parchment. Punch the dough down to knock out the air, then roll to a rectangle roughly 35 x 45cm, with the longer edge facing you. Spread the cardamom butter over the surface, right to the edges. Fold the top third down to the middle and the bottom third up, like an envelope, so you have three layers of dough. Score, then cut into 12 equal strips, measuring about 3.5 x 11cm each. Cut each strip down the centre, leaving it attached at the top. Twist each strip away from the centre two or three times, then tie the dough in a knot and tuck the ends underneath the bun. Put each on the tray when done.
5 Cover both trays with a sheet of lightly oiled cling film and leave somewhere warm to rise for 30 mins-1 hr, or until almost doubled in size. Heat oven to 190C/170C fan/gas 5.
6 Uncover the buns and brush all over with the beaten egg, then sprinkle with the pearl sugar. Bake for 20-25 mins until golden brown – swap the trays halfway through if they're browning unevenly.
7 Tip the remaining cardamom sugar into a pan and add 50ml water. Bring to a boil, then remove from the heat and set aside to cool, swirling to dissolve the sugar. Brush the syrup over the buns two or three times as they cool, leave them to soak for 20 mins before eating. *Will keep for 2 days in a sealed container, or freeze for 2 months. Defrost at room temperature and reheat for 5 mins in the oven before eating.*

BENEFITS freezable

PER BUN 381 kcals • fat 16g • saturates 10g • carbs 52g • sugars 20g • fibre 1g • protein 7g • salt 0.6g

Food styling ELLIE JARVIS | Styling JENNY IGGLEDEN

‘These sticky, spiced buns *go so well with coffee*’



Cardamom buns





HEALTHY EATING

All-veggie barbecue

Vegetarians often get overlooked at barbecues, but not this month. These gorgeous fresh recipes will be a hit with everyone, and are an easy way to get your 5-a-day

recipes GEORGINA FUGGLE ***photographs*** DAVID MUNNS

‘Blackening the skins gives these a really smoky flavour’



Salad-stuffed blackened peppers



Grilled & filled cumin flatbreads







Charred baby aubergine & toasted quinoa salad

SERVES 6 **PREP** 15 mins
COOK 45 mins **EASY**

3 small leeks
180g quinoa
4 baby aubergines, each cut into 4 slices
6 tbsp good-quality olive oil
2 tbsp cider vinegar
3 tbsp chopped dill
½ small pack mint, chopped
60g semi-dried tomatoes, roughly chopped
2 tbsp hazelnuts, toasted and crushed
150g pack soft herby goat's cheese, crumbled

1 Bring a medium pan of salted water to the boil and add the leeks. Cook for 6-8 mins or until they have a slight bend to them. Drain and set aside.
2 Heat a large frying pan over a medium-high heat and tip in the quinoa. Toast for 5-6 mins or until lightly browned. Reduce the heat to low and pour in enough water to cover 1cm above the quinoa. Gently simmer for 15 mins, stirring occasionally, until the liquid has been absorbed.
3 Put the aubergines and leeks directly on the barbecue and brush with oil. Cook for 3-4 mins each side until lightly charred and tender. (Alternatively, brush the aubergines with 1 tbsp oil, put in a really hot griddle pan and cook each side for 3 mins or until lightly charred. Transfer to a plate and set aside. Brush the leeks with 1 tbsp oil and cook on either side for 4-5 mins or until charred. Set aside with the aubergines.) Once cool, cut the leeks in half lengthways.
4 Combine 3 tbsp of the olive oil with the cider vinegar and half the herbs. Season to taste. Toss the quinoa with the dressing and spoon onto a large plate. Top with the charred aubergines and leeks, and sprinkle over the tomatoes, hazelnuts and cheese. Finish with the reserved herbs and a good glug of the remaining olive oil.

BENEFITS vegetarian • fibre • iron • 1 of 5-a-day • gluten free
PER SERVING 363 kcals • fat 23g • saturates 7g • carbs 23g • sugars 8g • fibre 6g • protein 13g • salt 0.5g

Salad-stuffed blackened peppers

To get ahead, you can make the salad the day before.

SERVES 6 as a side **PREP** 10 mins
COOK 45 mins **EASY**

120g buckwheat
4 tbsp olive oil
2 medium red onions, sliced
1 small garlic clove, crushed
1½ tsp za'atar (or use a mixture of cumin and coriander)
1 tbsp light soft brown sugar
2 tbsp red vinegar
20g pistachios, toasted
20g hazelnuts, toasted and roughly chopped
3 plump medjool dates, finely chopped
½ small pack flat-leaf parsley, chopped
3 large red peppers

1 Bring a large pan of salted water to the boil and add the buckwheat. Cook for 10-12 mins until tender but with a little bite, then drain and set aside.
2 Heat 2 tbsp of olive oil in a medium frying pan over a medium heat. Add the onions and cook for 5-7 mins or until beginning to soften. Tip in the garlic and za'atar, and cook for a further 1 min. Stir in the sugar, cook for 3 mins more, then stir in the red wine vinegar. Tip the caramelised onions into the buckwheat and combine well. Add the remaining olive oil, the nuts, dates and half the parsley, then season well.
3 Wrap the peppers in foil parcels and put on the barbecue for 20 mins, turning every so often. (Alternatively, put the peppers on a baking tray and cook in the oven for 20 mins at 200C/180C fan/gas 6 – but don't use foil as you want them to get some colour.)
4 Remove the foil and slice the top off each pepper, being careful not to cut all the way through. Remove the seeds and fill with the buckwheat mixture. Serve garnished with the remaining parsley.

BENEFITS vegan • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 271 kcals • fat 12g • saturates 2g • carbs 32g • sugars 18g • fibre 6g • protein 5g • salt 0.1g

Grilled & filled cumin flatbreads

SERVES 4 **PREP** 30 mins plus at least 1 hr marinating **COOK** 10-15 mins
EASY

100ml extra virgin olive oil
½ tbsp sumac
1 tsp chilli flakes, plus extra to serve (optional)
zest ½ lemon
200g feta, chopped
150g pot natural yoghurt
½ small pack dill, finely chopped
½ small red onion, finely sliced
90g bag rocket
50g Kalamata olives, stoned
30g pumpkin seeds, toasted
For the flatbreads
250g plain flour, plus extra for dusting
1 tbsp cumin seeds, lightly crushed
1 tbsp olive oil

1 Whisk together the extra virgin olive oil, sumac, chilli and lemon zest in a medium-sized bowl. Add the feta and toss together lightly with your hands. Cover and set aside in the fridge for at least 1 hr or up to 2 days.
2 To make the flatbreads, tip the flour into a large bowl with 1 tsp salt and the cumin seeds. Make a well in the centre and pour in the oil and 150ml warm water. Mix together well. Turn out onto a floured surface and knead for a few mins until smooth. Leave to rest in a lightly floured bowl for 15 mins. Meanwhile, mix together the yogurt and dill. Season and set aside.
3 Divide the dough into four pieces. Roll each one out on a lightly floured surface to the thickness of two Dhs1 coins. Put on the hot grills of a barbecue and grill each side for 2 mins or until puffed up. (Alternatively, heat a griddle pan until really hot and cook the flatbreads, for 2 mins each side or until beginning to brown.)
4 Pile up the flatbreads with the feta, onion, rocket and olives. Drizzle over the marinating oil and the yoghurt. To serve, sprinkle over the pumpkin seeds and a little more chilli flakes, if you like.

BENEFITS vegetarian • calcium • iron
PER SERVING 715 kcals • fat 45g • saturates 13g • carbs 54g • sugars 5g • fibre 5g • protein 20g • salt 2.9g

Food styling JENNIFER JOYCE | Styling VICTORIA ALLEN

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Boasting a brand new look and feel, Claypot Restaurant at Citymax Hotel Bur Dubai, has undergone an exciting and extensive renovation.
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Better yet, the restaurant's menu has been re-designed and includes new, mouthwatering dishes that shouldn't be missed out on!
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VALUE FOR MONEY

All you can eat lunch | Saturday – Thursday | 12-3pm | Unlimited buffet for Dhs45 (with 1 soft drink) or Dhs49 (with 1 house beverage)

Enjoy a satisfying lunch at Claypot, where a buffet of Indian specialty dishes awaits.

Claypot Restaurant

Call: 0501007065 / 0557269473
Location: Citymax Hotel Bur Dubai, Mankhool Road, Kuwait Street, Bur Dubai

Facebook: www.facebook.com/ClaypotDubai
Average cost per person: Dhs100
Licensed? Yes





Tamarind squash & halloumi skewers

SERVES 4 **PREP** 15 mins plus at least 1 hr marinating **COOK** 25 mins **EASY**

1 medium butternut squash (about 700g), deseeded, peeled and cut into cubes
250g halloumi, cut into cubes
½ small pack coriander, finely chopped
½ small pack mint, finely chopped

For the marinade

1 heaped tbsp tamarind paste
2 tbsp soy sauce
60ml sesame oil
1 garlic clove, crushed
zest and juice 2 limes
1 small red chilli, deseeded and finely chopped
1 tbsp light soft brown sugar

You will need

8 metal skewers

1 Bring a large pan of salted water to the boil. Add the squash and cook for 10-15 mins or until slightly tender (if you're going to cook the squash in a griddle pan, boil for an extra few mins as it's not as fierce as a barbecue). Drain and set aside.
2 To make the marinade, whisk the tamarind with 2 tbsp boiling water. Once dissolved, whisk together with the soy sauce, sesame oil, garlic, lime zest and juice, chilli and brown sugar. Keep whisking until the sugar has dissolved, then season to taste.
3 In a large bowl, toss together the squash, halloumi, marinade and herbs. Allow to marinate for at least 1 hr. Once marinated, alternately thread the squash and halloumi onto the skewers. Drizzle with a little of the remaining marinade.
4 If barbecuing, put the skewers directly on the BBQ and cook for 3-4 mins on each side or until lightly charred, brushing with the marinade as they cook. Alternatively, heat a griddle pan until really hot and cook the skewers for 5 mins on either side. Serve immediately.

BENEFITS vegetarian • calcium • folate • vit c • 1 of 5-a-day
PER SERVING 436 kcals • fat 30g • saturates 13g • carbs 23g • sugars 17g • fibre 3g • protein 17g • salt 2.9g

Crispy sweet potatoes with chickpeas & tahini yoghurt

To make this vegan, simply swap the yoghurt for a dairy-free alternative.



SERVES 4 as a side **PREP** 20 mins **COOK** 1 hr **EASY**

4 medium sweet potatoes
4 tbsp olive oil
1 large garlic clove, crushed
1 banana shallot, finely chopped
400g can chickpeas, drained
75g baby leaf spinach
small bunch dill, finely chopped
zest and juice 1 lemon

For the tahini yogurt

60g Greek yoghurt
2 tbsp tahini
20g pine nuts, toasted
110g pomegranate seeds

1 Wrap each potato in foil and put directly on the hot coals of a barbecue for 35-45 mins, depending on the size of the potatoes. Insert a skewer into each one to check that they're cooked. (Alternatively, heat oven to 200C/180C fan and put the foil-wrapped potatoes on a large baking sheet. Bake in the oven for 45 mins-1 hr or until the centre is soft. Once cooked, put under a hot grill for 3 mins until the skin is blackened and crispy.)
2 Meanwhile, heat 1 tbsp olive oil in a large frying pan over a medium heat. Add the garlic and shallot and fry for 2-3 mins or until softened, then stir the chickpeas into the mixture. Gently warm through for 1 min or so, then add the spinach and leave to wilt. Add the dill.
3 Whisk together the lemon juice, zest and remaining olive oil in a small bowl. Season to taste and stir into the chickpea mixture. Gently mash with a potato masher until the chickpeas are slightly crushed. Mix together the yogurt and tahini in another small bowl, and season to taste with salt.
4 Split the potatoes open lengthways. Fill with the bean mixture, drizzle over the tahini yoghurt and top with the pine nuts and pomegranate seeds.

BENEFITS vegetarian • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 535 kcals • fat 23g • saturates 4g • carbs 63g • sugars 31g • fibre 13g • protein 12g • salt 0.3g

gf

For more meat-free BBQ recipes, visit *bbcgoodfoodme.com*



Crispy sweet potatoes with chickpeas & tahini yoghurt



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10 steps to healthy!

Trying to shed the pounds but having no luck? The New Atkins Lifestyle Nutritionist Linda O'Byrne, is on hand to get you on the right track...



No matter how hard you go at it in the gym, if you're not following a healthy diet, your weight-loss progress will be hindered. From failed intermittent fasting to drinking only juices for sustenance, everyone has made some fatal nutrition and exercise mistakes that fail to yield any kind of results, explains Linda.

Poor nutrition can tire you out faster and increase the chances that you'll burn lean muscle mass as energy, which can slow your metabolism. The key to leading a healthier lifestyle is good nutrition habits. Here are 10 nutrition mistakes you may be making:

Don't cut calories too low. By doing so, you not only risk lowering your metabolic rate and therefore making it even harder to get fit, but you rob your body – and brain – of vital nutrients it needs to function properly. So cut the junk but don't do so to the point of starvation.

Include in-between meal snacks. Snacking keeps your blood sugar levels stable, rather than going hours between meals. So you feel more energised and less preoccupied with a rumbling tummy.

Don't skimp on fats. Fats are a pre-requisite when following a low carbohydrate lifestyle; they provide vital fuel for the brain. So add avocado to salads, drizzle veggies with olive oil, and eat fatty fish- like salmon; at least twice a week.

Stay hydrated. Sometimes dehydration can result in brain fog, a situation described as feelings of mental confusion or lack of mental clarity. So aim for at least 8-10 glasses of water per day. When you enter the low-carbohydrate lifestyle, your body sheds excess water, as carbs make the body retain water, so it's important that you drink up.

Get your daily salt. When your body sheds the excess water, you may also lose some essential electrolytes. Get some table salt, soya sauce, or broth every day to replace the sodium your body has lost.

Include protein with every meal. Protein keeps you feeling fuller for longer and replenishes your body with vital amino acids, particularly when you are exercising intensely. So aim for 4-6oz of poultry, fish or meat; or eggs and other forms of protein with every meal.

Reduce sugary foods and refined carbs, such as white bread, pasta and white rice. These types of 'bad' carbs cause your blood sugar levels to drop, leaving you energised for a short time, followed by a crash. These fluctuations can also affect your mood and leave you feeling upset and irritable.

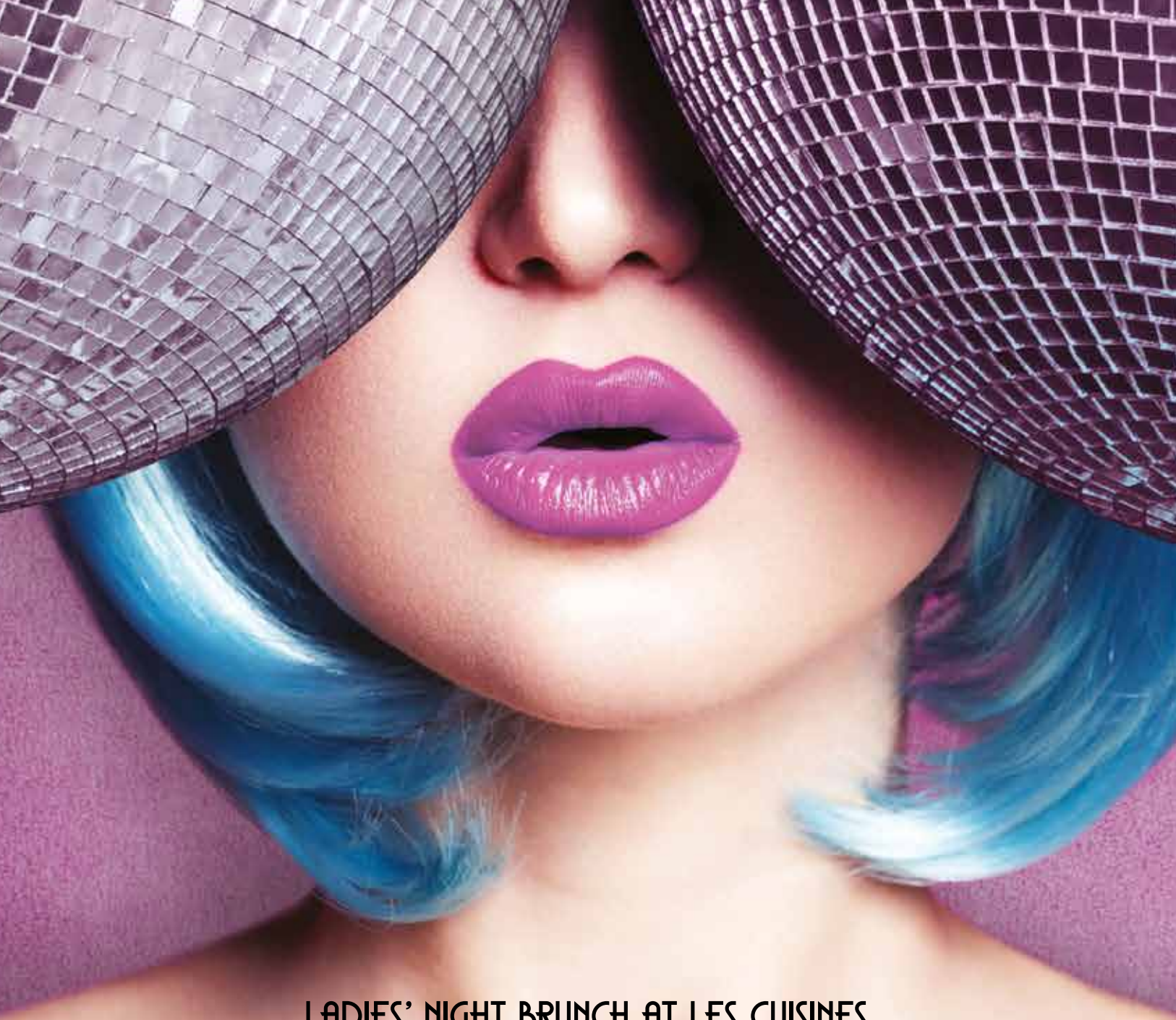
Be prepared. Clear your cupboards off the junk, and stock up on proteins, healthy fats and plenty of vegetables. Make meals in bulk and freeze them so that you have delicious, nutritious food after heating them in a microwave.

Be kind to yourself if you slip up. You'd not be human if you don't give into temptation every now and then, especially when dining out, having friends over, or going to a party. So if you slip up then, move on from it. Beating yourself up will leave you feeling depressed and disappointed, so get right back on the wagon and you'll soon be in fat-burning mode again!

Be patient. If you've put on some lbs then it's not happened overnight and neither will you be able to lose the excess weight easily. Remember, slower weight loss is easier to maintain so aim for 1-2 lbs per week and lose weight in a healthy way.

What to know more?
Visit: meuk.atkins.com

COMPILED BY SOPHIE MCCARRICK | PHOTOGRAPHS FROM SHUTTERSTOCK



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UNDER THE SEA

As one of the most anticipated restaurant openings this year, Nathan Outlaw at Al Mahara launched last month at Burj Al Arab. Bringing with him his Michelin-starred, signature 'Outlaw' touch from the UK, chef Nathan Outlaw is at the helm of this seafood speciality restaurant, serving up fuss-free food with finesse in captivating, underwater surroundings. We speak to the man himself and visit the restaurant to find out more!

By Sophie McCarrick

Entering Nathan Outlaw at Al Mahara via an exclusive elevator, successfully creates the illusion that you're going underwater, emerging to find yourself surrounded by floor-to-ceiling aquariums as you move through the reception, bar and lounge, to the main dining room. With curved walkways and wave inspired walls, I feel like I've been transported to a pod under the sea (or a futuristic, luxurious spaceship with an aquarium – I can't quite decide). It's another world down here, it's different – and I like it.

The menu is split across four courses, with 5-6 extremely inviting options in each – expect to do some difficult decision making!

Chef Nathan's approach to food is simple, but of impeccable standards. His cooking boasts finesse and purity. He ensures the main ingredient is the star, with its flavour really shining through, complimented perfectly – yet subtly, with just a handful of other ingredients. Simplicity at its best.

The menu is very fish/seafood focused with inspiration taken from British ingredients and cooking techniques. Expect to find dishes like hand dived raw scallops served with herb mayonnaise and tartare dressing, and citrus cured brill with anchovy, smoked almonds and basil,

Text by SOPHIE MCCARRICK | Photographs SUPPLIED





to start. Followed by an intermediate course of crispy oysters and caviar, or lobster risotto with orange, basil and spring onions (a must-try, and one of chef Nathan's signature dishes!).

Moving onto mains, dishes vary from cod, toothfish, Dover sole, to tender duck breast, followed by scrumptious dessert options including traditionally British dark chocolate and cherry trifle, or sticky toffee pudding, which comes served with gorgeous clotted cream and stuffed dates (one of my personal favourites!) – all this while sitting, mesmerisingly watching fish and sharks swim by tableside.

With two Michelin stars already tucked away, several cookbooks, and three successful restaurants in the UK, I think it's safe to say that this outlet will fast become another outstanding achievement for chef Nathan – an underwater, gastronomical experience not to miss, especially for the seafood aficionados.

Chatting to us, here's what he had to say:

For diners visiting Al Mahara for the first time, what kind of dining experience can they expect?

My aim for Al Mahara is to deliver simple, yet superb seafood, where the ingredients does the talking. Imagine delicious, no-fuss, flavoursome food with high-quality service served in a hospitable and buzzing atmosphere. What I like to do with my dishes is let the seafood shine and allow the impact to come through in the taste. I don't like to play with the fish too much – I like to hook it and then cook it, simple and uncomplicated.

Additionally, the stunning floor-to-ceiling aquarium really contributes to the atmosphere and gives customers the impression of dining in an underwater heaven, creating a totally unforgettable dining experience.

How does the experience offered at the restaurant now, differ from before?

Al Mahara was a French restaurant, and with the re-launch, it will now have British influences. We didn't want to lose any of the charm of Al Mahara though, we just wanted to add the 'Outlaw' touch. Nathan Outlaw at Al Mahara will deliver classic good cooking and will provide great hospitality, something that will never go out of fashion. Interior wise, the restaurant will still retain its iconic aquarium centerpiece, but the new look will heighten the senses even further.

What made you choose Al Mahara to showcase your culinary talent here in the Middle East?

Working with Burj Al Arab was a once in a lifetime opportunity that I simply couldn't pass up. As a chef, Dubai is a dream city to work in. Not only has it firmly affixed itself on the map as a prominent food capital, it has successfully attracted top-talent from across the globe. The Middle East has the highest-culinary standards and offers world-class hospitality, with the Burj Al-Arab being the pinnacle.

After Anthony McHale, Burj Al Arab's general manager, invited me out to Dubai to have a look at Al Mahara, I saw what potential the place had and I knew I had to do it.

How would you describe your cooking style and approach in the kitchen?

My style of cooking is one of simplicity but with complex flavour combinations, using seasonal and sustainably sourced ingredients. This is what people can expect from the menu. I work predominantly with seafood, so the collaboration with Al Mahara is perfect. I like to let the seafood shine and let the taste make the impact. I am a very hands-on chef too, I like to always be by the grill and be in constant communication with my team.

Where did your inspiration for building the menu at Al Mahara come from?

Although the menu takes initial inspiration from my UK restaurant menus, every dish is completely unique and has been designed specifically for Burj Al Arab and Al Mahara. I have created the menu for Middle Eastern tastes and the Dubai audience, incorporating British influences.

British style food has a lot of global influences and includes lots of spices, so introducing Middle Eastern touches came naturally. The more I get to know the Middle East, the more I'm falling in love with it, the culture and people are so unique and welcoming so I'm looking forward to adding more and more local ingredients in the future.

Where are the ingredients used in the restaurant mainly sourced from?

They come from all over the world, we are using the best ingredients the world has to offer on this menu. The Burj Al Arab has been importing some of the best fish and ingredients from across the globe for 17 years now. When I first visited the hotel I found the oysters were from Ireland, which is the same kind I use at my London restaurant and they had fish from Cornwall. I am really lucky to enter





into such an established network but I am looking to use local ingredients in the menu over time, as I am a big fan of supporting local businesses.

Have you been able to team up with any local fisherman here in the Middle East that supply sustainable produce of high quality?

I'm looking forward to collaborating with local fishermen in the future and seeing what produce is available to use in the kitchen. Using local ingredients is something I love to do. Supporting local businesses and using sustainable products is also a big passion of mine... watch this space.

What are the most unique dishes available at al Mahara? Any unexpected species of fish?

The cooked crispy oysters and caviar will surprise Middle Eastern palates – a lot of people are put off eating oysters and never try them because they are raw so this dish is designed to open people up to trying them. Using fresh Cornish oysters, served with a topping of caviar and sides of cucumber and oyster sauce, these beauties are cooked with a deliciously crisp outside and tasty inside to truly delight the taste buds.

There will be some dishes on the menu that are typically 'Outlaw' too, including the lobster risotto. This has been with me since I introduced it to my first restaurant in 2003. I couldn't afford the premium lobsters back then, so had to buy the cheaper odd sized ones, and that is how this dish came about. The experience with this dish taught me a lot about cooking, especially about reducing waste and keeping the cooking process sustainable. This dish is prepared with zesty oranges, fresh basil and spring onions to let the flavours really develop and deliver that Outlaw impact.

I will also be introducing some typically British puddings, such as sticky toffee pudding, Eaton mess and a treacle tart – all with the 'Outlaw' touch of course!

How often can guests expect to see you here in the restaurant?

I will be in Dubai least six or seven times a year, but Pete (Briggs) and Sharon (MacArthur) will be my eyes and ears on the ground to ensure everything is running smoothly. I am a 'hands-on' chef and I like to keep in constant contact with my team, that's very important.

Pete Biggs, my head chef, has been working for me for the last 15 years and I honestly couldn't think of anyone better to be running the kitchen. He's extremely talented and is very hands on. He started with me as an apprentice, straight out of college and I've seen him grow and flourish. He opened Outlaw's at The Capital in Knightsbridge in London and took it from nothing to holding a Michelin star, so he has a proven track record for producing extraordinary dishes.

What are your top three menu recommendations?

The cooked crispy oysters and caviar for definite. These oysters are sourced from Cornwall, where I'm from and are really superb. I am really looking forward to serving up some freshly-harvested raw scallops too. These come with a delicious herb mayonnaise and tartare dressing and I'm expecting them to be a popular dish.

For dessert (I'm a big dessert fan!) it has to be the sticky toffee pudding. It's my daughter's recipe. She's 11 years old and won Sticky Toffee Pudding Championships with it. It was a blind tasting and she was the youngest entrant by far so I'm very proud to have it on the menu. This mouthwatering dessert is served with Jersey cream and dates stuffed with apple jam, and I have no doubt it will be a big success here.

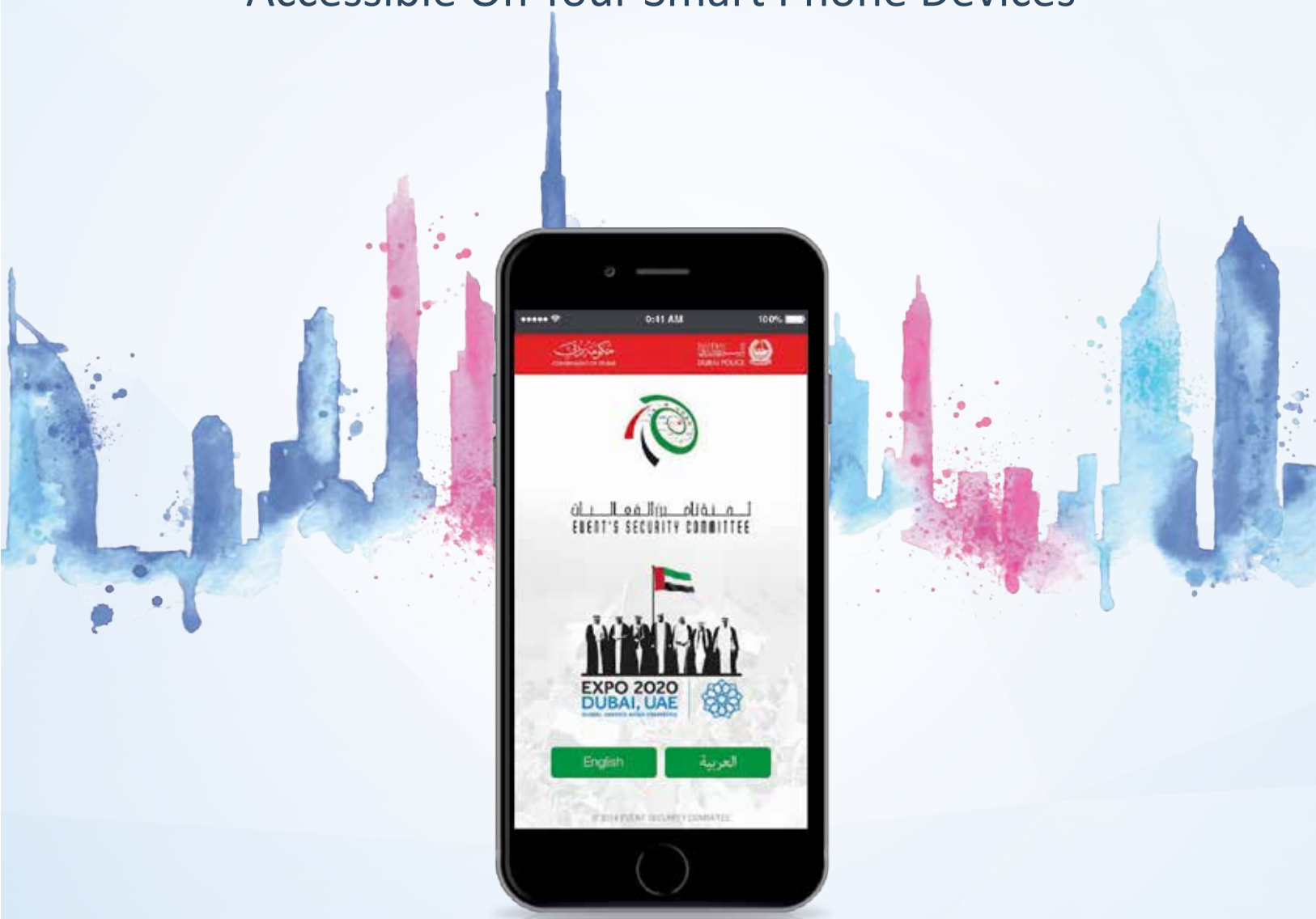
Nathan Outlaw at Al Mahara, Burj Al Arab
Prices: Dhs650 for a four-course meal , or Dhs850 for the six-course tasting menu. Pairing is available.
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A winter escape

With the festive season approaching, why not plan a getaway somewhere that offers a special wintery touch? Think cooler weather, mulled drinks, gourmet markets and trips to the theatre. We travel to London's West End to discover what's on offer. ***By Sophie McCarrick***






ME London Hotel

Restaurants, bars, shops, theatres, markets – you name it, London's got it. Serving up a whirlwind of unmissable fun and food, the West End is a vibrant, artistic and cultural area of the UK's capital, and a perfect place to enjoy a food-filled getaway this winter – or in the summer.

If you've not been before, here's a few tips on where to stay, eat, drink, shop and watch!

Rest your head

ME London, The Strand

Nestled in the southern tip of Covent Garden, this urban-cool hotel is right in the middle of it all, and in walking distance of many of London's hotspots including the London Eye, Trafalgar Square, the Thames River and the fabulous shopping haven, Oxford Street.

If you're worried about the busy streets disturbing your resting time, don't be. The property is well insulated and ensures a great night's sleep.

Surrounding this sleek, welcoming hotel you'll find everything from the city's most famous theatres, fashionable boutiques and culinary destinations that'll leave your taste buds more than satisfied.

Inside ME London – a property by the Spanish hotel chain, Melia – there's 157 rooms and suites to choose from. It's interior boasts great architecture and mystic, with dark marble walls and contemporary features.


Radio Rooftop Terrace

Check-in takes place on the hotel's first floor, where 'The Atrium' is located. It's quite a mesmerising experience visiting the reception desk in an 100ft high (or so it looks), hollow pyramid – it's all very futuristic and alluring. While you wait for the keys, a glass of bubbles is served with compliments as a warm welcome, by gentlemen in well-pressed black suits – it's all very James Bond-esque and exciting!

While there are variations in design across the rooms, all feature luxurious beds and revitalising rain showers. The interiors are clean and comfortable, providing the ideal spot for resting your weary legs after a long day exploring the city.

Interestingly, before becoming a hotel, this property used to be the BBC's original home in London, where the first radio

Text SOPHIE MCCARRICK | Photographs SUPPLIED & SHUTTERSTOCK


STK London

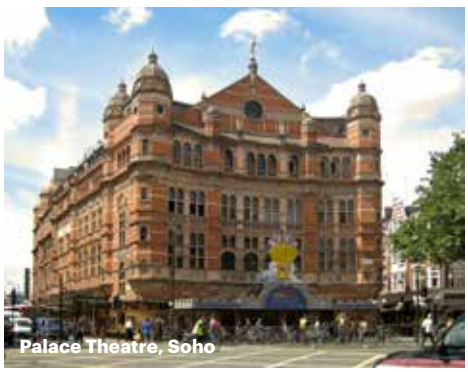
broadcast took place back in 1922 – pretty cool, hey? There's even a great lounge on the top floor of the hotel called Radio Rooftop Bar, offering incomparable views over the city, tapas and perfectly crafted cocktails. If you're an Afternoon Tea sort of person, take a trip here during the afternoon.

Dinner time

Within the hotel, there's a couple of great options when it comes to food and drink, including the American steakhouse, STK (get it?) – which serves up a fantastic variety of meat.

It's a buzzing restaurant, and almost feels a little like a nightclub. I'd not recommend taking the children here, however, if you're having a night out with your other half, or hanging out with a group of friends, this is the spot to be. The atmosphere is quite electric as the evening progresses, and when paired with high quality meats and drinks to match, you're sure to have a memorable one.

On the menu, you'll find options including a range of ceviches, scallops, burrata with heirloom tomatoes to start, followed by a whole lot of meat for main (my favourite was the USDA Prime fillet steak!). If you don't fancy a steak, opt for a pasta/risotto or seafood based dish – there's plenty to choose from. Also, don't miss the truffle fries (they're 'proper chips'...).


Palace Theatre, Soho


Her Majesty's Theatre, St James'

If loud music and and the bar scene isn't your thing, head to the Italian Cucina Asellina, which is also located in the hotel. Here you'll be treated to a more traditional dinner (a buffet breakfast is also served here), where the music is soft and you can watch the world go by from the large windows fitted around the restaurant.

Theatres

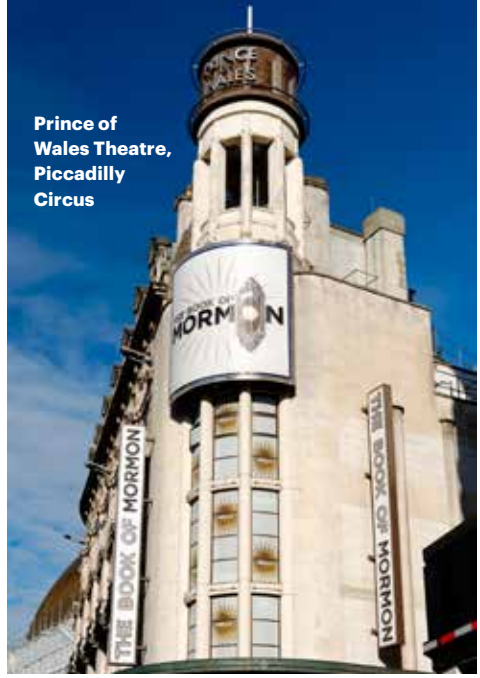
Whether you visit in the evening or for an afternoon matinee, there's one thing London's West End isn't short of, and that's availability to a wide-range of shows at the theatre (unless it's a new release – then you may need to book quite a while in advance.

To help you choose a show to visit, here are some of the season's favourite shows on at the moment and over the coming year:

Harry Potter and the Cursed Child
Watch it at: Palace Theatre, Soho
Playing until: December 10, 2017



Queen's Theatre, Soho



Prince of Wales Theatre, Piccadilly Circus

Serving up a whirlwind of unmissable fun and food, the West End if a vibrant, artistic and cultural area of the UK's capital

The Phantom of the Opera
Watch it at: Her Majesty's Theatre, St James'
Playing until: March 4, 2017

Wicked
Watch it at: Apollo Victoria, Victoria
Playing until: November 4, 2017

Matilda the Musical
Watch it at: Cambridge Theatre, Covent Garden
Playing until: May 28, 2017

The Book of Mormon
Watch it at: Prince of Wales Theatre, Piccadilly Circus
Playing until: November 12, 2016

Funny Girl
Watch it at: Savoy Theatre, Charing Cross
Playing until: October 8, 2016

Les Miserables
Watch it at: Queen's Theatre, Soho
Playing until: March 4, 2017

Off to market

A visit to London wouldn't be complete without a trip to market. Not only are they ideal for shopping for everything from food to flowers, they're also where you'll find some of the best bargains around – not forgetting irresistible quick bites to eat on pretty much every corner. If you're stuck when deciding which one to go to, choose from one (or all) of the options below:







• Borough Market
In a nutshell, this bustling market is a gourmand's paradise. With stall after stall stacked with food produce, whether it be fresh, organic, cured, baked, homemade or imported, this market has it. With specialist ingredients from all over the UK, and internationally, there's plenty to choose from here, including live street food stalls, which serve everything from raclette to dim sum. While you're here, don't miss stopping by Bridget Jones's house for a photo...

• Camden Lock Market
This one's a big one. Home to more than 100 shops and stalls, you'll be able to find a generous selection of gourmet goods, as well as designer clothing, art pieces and home furnishings.

• Covent Garden London
Nestled in and around the famed Market Building and Piazzas, Covent Garden is a structural masterpiece. Full with speciality shops, restaurants and cafes in the Apple Market you'll come across street performers amongst the gorgeous craft, antiques and jewellery for sale. This spot is gorgeous at Christmas!

• Portobello Road Market
This gem has been a market since the 1800s, but became particularly famous for its antiques in the 1950s. Since then, it has developed to offer pretty much everything you can think of – fresh fruit and veg, baked bread still hot from the oven, vinyl records, vintage clothing and more. This market gets into its full swing on Saturdays.

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NEW ZEALAND'S FINEST FLAVOURS

Things heat up in the Top Chef kitchen as ten of the UAE's finest pastry chefs go head to head in a mystery box cook-off, to take home the title 'Taste New Zealand Chef of the Year 2016' and a gourmet trip to New Zealand

THE PASTRY HEAT

Text by SOPHIE MCCARRICK | Photographs by Maksym Porieckin

Last month, 10 professional chefs from restaurants and hotels across the UAE came together at Top Chef Studio in Jumeirah to battle it out in the Pastry Heat of Taste New Zealand's Chef of the Year Competition 2016.

Made up of three live cooking heats – seafood, meat and pastry – the competition provides an opportunity for chefs to create dishes using a range of fresh New Zealand ingredients.

With the successful completion of the Seafood Round in March, and the Meat Heat in May, it was onto the Pastry Heat this time – the final heat of the competition!

The judging panel for the Pastry Heat comprised industry leaders including Reif Othman from PLAY Restaurant & Lounge, Prabakaran Manickam from Food Fund, Herwig Knapen, executive pastry chef of JW Marriott Marquis Dubai, and *BBC Good Food Middle East's* 'Chef of the Year 2015', Darren Velvick, chef patron at The Croft.

From each heat, two winners have now been chosen by the judging panel, and the chef with the highest score from across the three heats will be crowned the Taste New Zealand 2016 champion at The Pro Chef Awards on November 16 during a glittering gala dinner at The Habtoor Grand Resort & Spa. The prize? A once in a lifetime return trip to New Zealand to experience the best of New Zealand's food and beverage first hand.

Spilt into two rounds (five chefs in the morning, five chefs in the afternoon), the day was action packed – with both sessions kick-started by a run down of the rules before the chefs were allowed to get their hands on goodies hidden within their mystery boxes.

Equipped with a pantry full of fresh ingredients, chefs were then given 30 minutes to write up a menu, before diving into the kitchen with 45 minutes to cook up three portions of one dish, to present to the judges.

It was a heated competition, to say the least, but the judges had to make a decision. Taking in to consideration the taste, presentation, use of mystery box ingredients (a minimum of three ingredients was required), timing and creativity, two winners were chosen!

BBC Good Food Middle East would like to thank all 30 chefs who participated in the Taste New Zealand Competition! We look forward to revealing who the winner is in November – best of luck to everyone!

MEET THE CHEFS!

ROUND 1



Chef Rosi Vasileva
Fairmont Dubai

Manuka honey choux



Chef Kamlesh Singh
Tresind Dubai

Chai latte no-bake cheesecake



Chef Roderick Hinampas
LIFCO/Cakeface

New Zealand paradise



Chef Ashwani Kumar Pathania
Radisson Blu Hotel

Green tea manuka honey crunch with orange macerated berries compote and cardamom sponge



Chef Marlon Baylon
Jumeirah Zabeel Saray

Crepes roll with banana chai latte

















MEET THE CHEFS!

ROUND 2



Chef Syarif Bagenda Purawinata
Sass Café Restaurant

Dark chocolate mousse with raspberry



Chef Manuel Baima Besquet
Bice International

Aotearoa



Chef Abishek Gosh
Fairmont Dubai

Honey cream cheese mousse



Chef Dammika Herath
Radisson Blu Deira Creek

Green tea manuka honey mousse with mixed berry cream cheese



Chef Supun Lakmal
Movenpick Jumeirah Beach Residence

Panna cotta with green tea and manuka honey jelly with plain crepes, cream cheese frosting, walnut crumble, raspberry gel





















WHAT WAS INSIDE THE MYSTERY BOX?

Marcel's Crepes
Marcel's Pancakes
Anchor Cream Cheese
Anchor Whipping Cream
Jaffas
Crunchie Bar
Peanut Slab
Barker's Chai Latte Fruit Filling
Green Tea & Manuka Honey
Manuka Honey

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Chef's Theatre

This is a unique opportunity to see your favourite chefs in action – featuring demos, culinary challenges, entertaining tutorials and enlightening Q & A session.Make sure you don't miss your favourite chef live in action and pick up top tips to wow your friends.

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Bring your little ones along and take part in the Family Treasure Hunt partnered with Mother, Baby and Child. Search for the clues and win lots of lovely prizes. It's free to enter and guarantees hours of fun in the sun. Sign up on site to take part.

Kids' Zone

Keep the children entertained with lots of exciting and creative activities, from soft play to cooking classes and fairground rides… they'll be having lots of fun in the sun!

VIP Lounge

Add even more style and sparkle to your day at Taste of Abu Dhabi with a VIP Ticket that gives you direct access to the fabulous VIP Lounge. VIP Package includes:

- Fast track entry into the event.
- Unlimited access to the VIP Lounge.
- Two complimentary drinks.
- Three food vouchers.
- An exclusive event guide.
- Plus: Access to all theatre sessions, tastings, demonstrations, cookery classes, Taste restaurants and the alfresco marketplace.

Children are allowed into the VIP Lounge when accompanied by an adult.

Cooking Challenge

Over the three days, a cooking challenge will take place whereby visitors can sign up on site and cook along with one of our celebrity chefs. At the end of each session the chef will judge each dish and choose a winner! Have you got what it takes to impress our chefs?

Tea Club Premier Lounge

If you just want to sit back and relax whilst your children play, the Tea Club Premier Lounge is an alcohol-free, family friendly area, conveniently located next to the Kid's Zone. Included in the ticket price will be complimentary tea.

- Fast track entry into the event.
- Unlimited access to the Tea Club Premier Lounge.
- Two complimentary non-alcoholic drinks.
- Three food vouchers.
- An exclusive event guide.
- Plus: Access to all theatre sessions, tastings, demonstrations, cookery classes, Taste restaurants and the alfresco marketplace.

Entertainment Stage

The entertainment stage will feature some amazing local and international artists. Throughout the day you can hear many performances from local and international bands as well as DJs who will be on hand to keep you entertained!

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Crazy *for cake!*

Our latest Food Club event last month, saw the talented pastry chef Nishantha from Ramada Plaza Jumeirah Beach, join us at Miele's state-of-the-art kitchen gallery on Sheikh Zayed Road, to celebrate BBC Good Food Middle East's ninth Anniversary with cake! Chef Nishantha's cooking demo offered our Premium Food Club members the chance to learn how to make the perfect cake – ideal for serving at parties or treating family and friends with. Not only did members get to taste the food, they also got to try their hand at making the cake themselves.























Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN

TRY CHEF NISHANTHA'S RECIPE AT HOME!



Chocolate fudge sponge, raspberry jelly and chocolate feuilletine with milk chocolate mousse

For the chocolate fudge sponge
250g whole egg
425g caster sugar
162g mayonnaise
75g cocoa powder
12g baking powder
0.6g baking soda
250g flour
225ml water
30ml milk
0.5ml vinegar

For the raspberry jelly
135g raspberry puree
12g sugar
2g gelatin
2 of drops lemon juice

For the chocolate feuilletine
200g milk chocolate
100g white chocolate
300g praline paste
75g feuilletine

For the chocolate mousse
467g milk chocolate
4 tsp Nescafe coffee
125ml fresh cream
440g whipped cream
2 egg yolks
25g caster sugar
12g gelatin

For the dark chocolate glaze
75g Caster sugar
385ml water
160g cocoa powder
100ml fresh cream
100g dark chocolate
25g gelatin

For the chocolate fudge sponge
Preheat the oven 180 degree Celsius.In a medium mixing bowl, whisk together the egg and sugar and mix with mayonnaise. In a separate bowl, mix all dry ingredients and add with egg mixture. Stir the milk, vinegar with water and mixed egg, and bake for 12 minutes.

For the raspberry jelly
In a sauce pan, heat the raspberry puree with sugar and lemon juice until boiled. Remove from the heat and add the gelatin.

For the chocolate feuilletine
Melt the white and milk chocolate and add feuilletine and praline paste.

For the milk chocolate mousse
In a sauce pan, heat the cream; add milk chocolate and Nescafe coffee, mix slowly until it becomes a smooth ganache.Mix with whipped cream. Make the sabayon with yolk and sugar then mix with chocolate mixture and then add the gelatin.

For the dark chocolate glaze
In a saucepan, heat the sugar with water. Add cocoa powder, dark chocolate and gelatin. When temperature comes to 40C, add in the fresh cream.

Assembly
Once the above components are prepared, place the last layer of the chocolate fudge sponge on top before and topping with milk chocolate mousse. Spread the Chocolate feuilletine followed by the raspberry jelly. Top it with another layer of the chocolate fudge sponge then cover with milk chocolate mousse and dark chocolate glaze. Garnish with fresh raspberry and meringue.

BBC goodfood FOOD CLUB Middle East

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Cook school

Take your cooking skills to the next level by joining one of these cooking classes!





Middle Eastern cooking class

Al-Maeda Restaurant and DoubleTree by Hilton Dubai, Jumeirah Beach, hosts cooking classes under the guidance of sous chef Lawrence Al Najjad. Over the course of two hours, you will learn a variety of recipes from the Levant and North African region.

The class takes place every Tuesday from 12-2pm, and each week, the 3-course menu will rotate, going from Moroccan cuisine, to Syrian and Lebanese to name few. And, for those with kids, children from five to 12 years old are invited to have fun at 'Kidz Venture' for the duration of the class. Details are as follows:

Cooking classes for adults, for Dhs199 per person.

Kids can enjoy two hours of fun at Kidz Venture and for Dhs50, and students can enjoy pool and beach access after the class.

Call 055-1668092.

Learn to cook with friends

Located on Jumeriah Beach Road, the Top Chef studio, is a homely hangout perfect for gathering with a couple of friends to learn all about food and how to cook it. There's a variety of courses available, varying from learning about worldly cuisines, how to cook the best breakfast, to perfecting your decorative finesse. For 1.5 hours, you're looking at rates starting at Dhs395, with classes available all throughout the week, at different times.

Call 04-3855781.



Italian & Mexican cooking classes

Learn how to prepare authentic Italian and Mexican dishes at Sheraton Abu Dhabi Hotel & Resort, where cookery sessions are designed to cater to novices and gourmet experts alike. For Dhs149 per class, you'll also receive a complimentary drink to toast your culinary success. Classes are held every Saturday as follows:

Italian class dates: 17 September, 1 October, 15 October, 29 October, 12 November, 26 November and 10 December.

Mexican class dates: 10 September, 24 September, 8 October, 22 October, 5 November, 19 November and 3 December.

Call: 02-6773333.

For amateurs and professionals

In Knowledge Village, ICCA – a specialised culinary school, you'll find hosted cooking classes in a professional kitchen environment, headed up by industry-trained chefs. The institute, which is accredited by City & Guilds London, offers classes a variety of classes varying from baking to perfecting gelato. You can opt from a course of three, six or nine classes, starting at Dhs1,500 for three classes.

Call: 04-4578811

compiled by SOPHIE MCCARRICK | photographs FROM SHUTTERSTOCK & SUPPLIED

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Family Florida

Orlando

A visit to Orlando's theme parks doesn't have to mean endless fast food. From farmers' markets and food trucks to fine hotel dining, a culinary revolution is spreading across America's Sunshine State

feature SARAH BARRELL

From technicolour castles to all-singing, all-dancing street parades, Disney serves up unbeatable family fun. But what the 'House of Mouse' and Orlando's many other theme parks are not renowned for is decent food. Inside the parks, pretzels, pizza and pop still prevail, however at their fringes and in outlying neighbourhoods, innovative restaurants are fast appearing, making all the queues and costumed parades a lot more palatable for parents – as I discovered when I toured Orlando with my ten-year-old daughter.

A great example of this new-generation food destination is Disney Springs, within the city-like sprawl of Walt Disney World (Magic Kingdom, along with Epcot, Hollywood Studios and Animal Kingdom parks, to name just a few). If you overlook its polished, manicured *Truman Show*-style aesthetic, this waterfront hamlet of high-end cafés, restaurants and shops offers a civilised bolthole away from the parks. Food outlets include a Wolfgang Puck Grand Café, the Orlando branch of New York's STK (steak) restaurant, plus a new pan-Asian venture from Japanese chef Masaharu Morimoto.

For a less curated experience, Winter Park, just north of downtown Orlando, is one of Florida's oldest resorts, set on a string of lakes that can (and should) be toured by boat (*scenicboattours.com*). It houses the best of Orlando's art galleries and 19th-century plantation-style houses, with lakefront gardens of ancient oak trees draped with curtains of Spanish moss. On Park Avenue, look for Rocket Fizz (*rocketfizz.com*), a cavernous candy store with vintage posters,


BRGR Kitchen + Bar


Morimoto Asia

brightly coloured soda pop and fudge flavours such as PB&J and pumpkin pie. Near Winter Park, the Mills 50 district is the place to go for Asian food: no-nonsense eateries run by Thai, Chinese and Vietnamese families, plus lots of enticingly stocked grocery shops. Mills, which was the birthplace of Orlando's food truck scene, has now blossomed into a breeding ground for interesting independent restaurants.

With the Gulf Coast just a few hours' drive away, it's easy to break for the beach, with the Clearwater area offering pristine sands, more and more upscale hotels and great seafood.

Where to eat & drink

Morimoto Asia Fun pan-Asian fusion in a New York cocktail lounge setting, with lively show kitchens and a sleek mezzanine sushi bar. Not to be missed: the saki-sangria cocktails, pretty much any of the sushi or dim sum, and the half-rack ribs with hoisin, coriander & sweet chilli glaze. Less of a hit, with us at least, was the Oreo tempura dessert – the wrong side of wrong. Mains from $14. *disneysprings.com/dining*

Tapo Toro Near Universal Studios, next to the Orlando Eye (*officialorlandoeye.com*) on International Drive, this tapas restaurant comes with live flamenco-dancing kitsch but real food credentials. Go for the delicate ham & cheese croquetas, mussels with zingy chorizo, or unashamedly garlicky shrimp. Tapas from $5; mains from $17. Visit: *tapatoro.restaurant*

Cask & Larder This is the latest outpost of the landmark Florida farm-to-fork restaurant, The Ravenous Pig. Housed in one of Orlando's oldest buildings, this tavern-like restaurant and brewery (which also has an annex produce shop called Swine & Sons) serves traditional Southern food with modern flair. The cayenne mac 'n' cheese and Nashville



Cask & Larder



Opal Sands



Winter Park

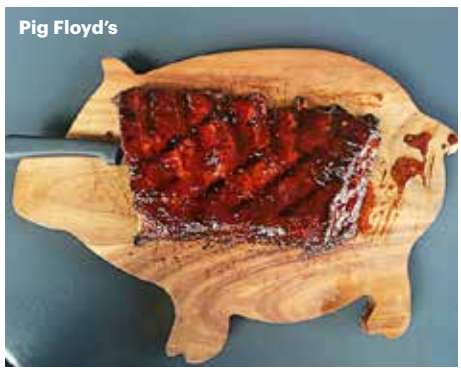


Sea-Guini restaurant at Opal Sands

'Innovative restaurants are fast appearing, making all the queues and costumed parades a lot more palatable for parents'



Winter Park Farmers' Market


Pig Floyd's

hot chicken make a flight of hopsy, craft ales a guilt-free necessity. The crispy cauliflower with harissa yoghurt side is worth ordering twice. Mains from $20. *caskandlarder.com*

Pig Floyd's If entrepreneurial Puerto Rican owner Thomas Ward has his way, this former food truck is a business model that will conquer the South's otherwise conservative BBQ scene. Ribs, tacos, and pulled pork and beef platters at this 'urban barbakoa' come with pan-Latino and Asian flavours; the v are the stuff holiday nostalgia will be made of. Mains from $10. *pigfloyds.com*

BRGR Kitchen + Bar This cool pool and beachfront restaurant at the newly opened Treasure Island Beach Resort serves feather-light fried calamari, kid-pleasing mini burgers and build-yourself bigger versions (including bison, chicken and lamb), dressed with everything from sriracha to truffle shallot aïoli. Mains from $9. Upstairs, roomy family suites have kitchenettes and generous ocean- view balconies. From $199. *treasureislandbeachresort.com/dining*

Local knowledge

Visit Winter Park Farmers' Market, set in a lovely old railway depot, for cold presses from the Juice Lab (and sublime Florida coconut water), obscenely loaded fries from the Fry Bar ('truffled' and 'Greek' are standouts), plus pure, raw honey from Jean the beekeeper. (Saturdays 7am-1pm; *cityofwinterpark.org*).

Where to stay

In Winter Park The Alfond Inn is an elegant Floridian-cum-Mediterranean hotel in lush gardens, packed with contemporary art from the prestigious Rollins College. Family rooms are stylish and beds marshmallow-comfy, while Hamilton's Kitchen is a popular local hangout with an urban bistro vibe and rustic-refined Southern food. Family rooms from $185. *thealfondinn.com*

At Disney Wyndham Grand Orlando Resort Bonnet Creek is a good-value resort with a huge pool area, set within Disney World, a 10-minute free shuttle ride from the main parks. The Magic Kingdom's nightly fireworks are visible from balconies. Family rooms from $139. *wyndhamgrandorlando.com*

On Clearwater Beach Opal Sands Resort is a new upscale beach hotel on a prime piece of sandy real estate backed by Clearwater's lovely dunes. Family rooms have endless ocean views, while Sea-Guini restaurant does Italian by way of local Floridian fisherman. The Neapolitan-style pizza and local 'hogfish' with sweet Gulf shrimp and Florida corn broth both come highly recommended. Family rooms from $179 B&B.

Five more to explore

Visit the Kennedy Space Center, NASA's Florida HQ set within a nature reserve along Cape Canaveral. The Lunch with an Astronaut daily event lets families dine and chat with NASA spacemen. Behind-the-scenes tours get you within photo-op distance of Launch Complex 39, where the Apollo missions started. *kennedyspacecenter.com*

The Dunedin neighbourhood, a 10-minute drive north of Clearwater Beach, comes with low-rise, painted clapboard houses, the Pinellas Trail set along an old rail track and plenty of indy cafes. Don't miss buzzy Sunday brunch at Kelly's, a diner with a leafy garden, serving all-American classics with a twist, such as Philly cheese steak omelette. *kellyschicaboom.com*

Caladesi Island and **Honeymoon Island** (*floridastateparks.org*), state parks with white-sand beaches where you can kayak and spot manatees and dolphins, are just north of Dunedin. Get a picnic from Dunedin Deli (*dunedindeli.com*), which offers the 'United States of Sandwiches', such as 'Maine Lobster Roll' and 'Louisiana Po' Boy'.

Aquatica, which has lazy rivers, a beach and one of the country's highest waterslides, is a great place to cool off. Private cabana rental offers refuge from the rides plus the best food in the park, Banana Beach's Floridian-Mexican buffet. *aquaticabyseaworld.com*

Epcot, Disney's futuristic theme park, is easily accessible by monorail from the Magic Kingdom if you have a Park Hopper ticket. The World Showcase area serves decent national dishes from each of the countries featured. In Japan, dine in an air-conditioned pagoda on sashimi, udon soups and katsu curry. *disneyworld.disney.go.com*

Photographs GETTY, MICHAEL L RIXON, JEREMY BITTERMAN, ALAMY, OPAL SANDS RESORT, VISIT ORLANDO

Competition





WIN!

A **2-night stay for 2 adults and 2 children at Al Ain Rotana,** worth more than **Dhs8,000!**

Win a two-night stay for two adults and two children, in the exclusive Falaj Suite with breakfast and dinner for two at Zest and a couples' massage at Zen the Spa.

Conveniently located in the heart of Al Ain city, a few minutes away from all city facilities and attractions sites, Al Ain Rotana consists of elegant 242 units varying from rooms, studios, suites, chalets and villas offering variety of options for the weekend travellers.

In addition to enjoying the prestine amenities and complete facilities, you are now invited to indulge in a lifestyle in the middle of the tranquillity of the Falaj Wing. Enjoy private access to Falaj pool, exclusive underground parking and view of enchanting gardens and pool.

Al Ain Rotana offers a selection of award–winning outlets to satisfy all tastes like:

- Zest, the all-day dining restaurant serving international and traditional cuisine.
- Trader Vic's the world famous French - Polynesian restaurant offering exotic cuisine and signature cocktails from South Seas.
- Min Zaman a traditional Lebanese restaurant with singer and belly dancer.
- Moodz lounge bar the happening place in town.

Awarded at 2016 World Luxury Spa Awards - Zen the Spa at Rotana consists of eight individual treatment rooms, a couples' suite, separate relaxation rooms for female and male, saunas, steam rooms, plunge pool and Hammam.

All these facilities combined together create the right mixture to satisfy the weekend travellers seeking peace and tranquillity in Al Ain Rotana as its famous for being a weekend destination to escape the big cities and enjoy a relaxing weekend.

The prize draw for a two-night stay for two adults and two children at Al Ain Rotana will be made at the end of October 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Winner must arrange own transportation to the resort.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

When did 'Zen the Spa' at Al Ain Rotana win at the World Luxury Spa Awards?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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Competition



WIN!

A **1-night stay for 2 adults at Sheraton Grand Hotel, Dubai** worth over **Dhs7,500!**

Delight in a one-night stay for two adults at Sheraton Grand Hotel, Dubai, in a Grand Deluxe Suite including Club Lounge Access, a treatment for two at Shine Spa, dinner and Friday brunch at Feast Restaurant.

Located at the forefront of Dubai's most prominent thoroughfare, the Sheraton Grand Hotel, Dubai connects you to the heart of the booming business district and the main tourist attractions. It is within walking distance of the World Trade Centre and Dubai Convention Centre and just a short metro ride or drive away from DIFC, Dubai Mall, Burj Khalifa, Downtown Dubai and the gold and spice souk.

Standing 54 stories tall, the hotel comprises 474 guest rooms and suites, as well as 180 one- to three-bedroom serviced apartments. All rooms feature the Sheraton Signature Sleep Experience Bed, Nespresso machines and complimentary Wi-Fi. The comfortable Club rooms offer a welcoming atmosphere combined with style and technology. Enjoy the upside of everything in the Sheraton Club with incredible views from the 31st floor overlooking Dubai as well as complimentary premium internet, beverages and snacks throughout the day on the house and happy hour from 6:00 PM to 8:30 PM.

When it comes to food, your options vary from live cooking stations from around the world at Feast Restaurant, to cocktails at the rooftop bar by the pool.

The prize draw for the one-night stay for two adults at Sheraton Grand Hotel, Dubai will be made at the end of October 2016. The prize cannot be exchanged under any circumstances and is not transferable. Subject to availability.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

Which restaurant at Sheraton Grand Hotel, Dubai can you enjoy international cuisine?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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COMPETITIONS

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WIN!

DINNER FOR 4 AT CARLUCCIO'S DUBAI MALL! WORTH DHS500

The culinary team at Carluccio's, headed up by brand chef Christo Nortier, have designed a range of five limited edition pizzas to celebrate all there is to love about the Italian specialty. Diners can indulge in the new 'Pizza Amore' creations made with distinct flavours and honest Italian ingredients. Available at all outlets across the Middle East, the new range includes unique flavour combinations including creamy gorgonzola with butternut squash, pine nuts and honey; grilled chicken with sweet and spicy peppers and layered avocado; a seafood special of calamari, mussels and whole prawns, and a roast lamb feast with caramelized onions, crème fraiche, feta, rosemary and mint.



WIN!

DINNER FOR 4 AT DUSIT THANI'S 'THE CALIFORNIAN' RESTAURANT! WORTH DHS660

Dusit Thani Dubai is an iconic 5-star luxury hotel that captures the essence of Thailand in the vibrant centre of this cosmopolitan city, the jewel of the UAE. The hotel is strategically located just five minutes from Dubai's main business hub, within walking distance from the nearest metro station and just 15 minutes from the airport. In addition, the world's tallest building, the Burj Khalifa, and the world's largest shopping mall, The Dubai Mall, are just a short walk from Dusit Thani.



WIN!

ENTRY FOR 4 AT THE COUNTRY MUSIC FESTIVAL, SHERATON JUMEIRAH BEACH! WORTH DHS1,400

During the Country Music Festival guests will enjoy a delicious American style BBQ, while being entertained with the Jim Everett Band. The Festival will also include plenty of fun activities, such as mechanic bull rides, along with several competitions.Festival and Ibn Battuta.



WIN!

A DINING VOUCHER FOR ASHA'S 'INDIA'S PRIDE' GASTRONOMICAL EVENT! WORTH DHS500

Following the resounding success of its recent 'Live like a Maharaja' menu, dishes inspired by the royal kitchens of India, Asha's at Wafi present a selection of 10 new unique and creative Biryani and Kebab dishes showcasing recipes perfected by Asha in her personal kitchen in Bombay. Asha, a quintessential cook at home whose passion in life is to prepare her food with love, has pampered Bollywood veterans and iconic prime ministers with her secret Biryani recipes.



WIN!

ENTRY FOR 4 TO TASTE OF ABU DHABI (5 SETS AVAILABLE)!

The capital's favourite food, drink and music festival is back for its 3rd year and is set to be even more memorable and entertaining than ever before! The festival will be a food-lover's fantasy, jam packed with 18 exclusive fine-dining restaurants, world class chefs, an incredible line-up of music, tantalising fresh features and over 100 exhibitors.



WIN!

ONE OF FIVE VOUCHERS TO AFTERNOON TEA AT BYZANTIUM LOUNGE! WORTH DHS250

Byzantium Lounge is the perfect setting for business or pleasure set just above the lobby and features plush, upholstered chairs, original works of art and smooth lacquer screens. While away an afternoon with a wide selection of refreshments, or treat yourself to a refined high tea. This rich setting boasts striking visual touches that include a bar featuring Art Deco-style gold and black peacock lacquer panels. It's located on the Mezzanine floor of the Taj Hotel, and offers sandwiches, salads, Arabic mezze, coffee, tea, afternoon tea, cocktails and snacks, global comfort food. Open: Daily 7am till late.



WIN!

THE ENTERTAIER DUBAI FINE DINING APP! WORTH DHS445

What better way to face the summer than with the Entertainer Dubai Fine Dining 2016 App! Packed with fantastic offers of Dubai's best restaurants, the App has quickly become an essential for foodies in the region and now you have the chance to get your hands on it for free. Featuring over 900 Buy One Get One Free offers, Dubai Fine Dining App opens the door to high end restaurants and up market bars, including renowned names such Asia Asia, El Sur, The Meat Co. and The Ivy. The 2016 version showcases amazing new inclusions such as Zero Gravity, Nineteen, 360 and Abd El Wahab. The App comes with the Entertainer Travel 2016 which has over 300 Buy One Night Get One Free offers for hotels worldwide.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


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